

WHAT TO DO: ANAPHYLAXIS

- 1 Use an adrenaline auto-injector.** Instructions are on the side.



There is more than one adrenaline auto-injector brand.

Although design and instructions may be different, it is essential to be familiarised with the specific instructions for the brand you have available.

Always look for instructions.

- 2 Call 999** and explain that you suspect a pupil is experiencing anaphylaxis.



- 3** Ask them to lie down and raise their legs. If they are struggling to breathe, raise their shoulders or sit them up slowly.



- 4** If they have been stung by an insect, try to remove the sting if it's still in the skin.

- 5** If symptoms have not improved after 5 minutes, use a 2nd adrenaline auto-injector.