

First Aid

FOR Anaphylaxis

To handle an emergency situation, use **Emergency Scene Management (ESM)**.

- 1 Take Charge.
- 2 Call out for help.
- 3 Assess hazards and make the area safe.
- 4 Find out what happened.
- 5 Identify yourself and offer to help.
- 6 If head or spinal injuries are suspected, support the head and neck.
- 7 Assess responsiveness.
- 8 Send or go for medical help.

Note: Protect yourself and others by wearing vinyl gloves when giving first aid. Use a shield or face mask with a one-way valve when giving AR or CPR.

Common causes of anaphylaxis

- 1 Stings - by bees, hornets, wasps and fire ants
- 2 Medications - including antibiotics (esp. penicillin), seizure medications, ASA and muscle relaxants
- 3 Foods - like milk, eggs, nuts (incl. peanuts), shellfish, whitefish, food additives
- 4 Exercise

Emergency Numbers



St. John Ambulance

AMBULANCE _____
FIRE _____
POLICE _____
FAMILY DOCTOR _____
POISON INFORMATION CENTRE _____

Signs and symptoms of anaphylaxis

The early signs and symptoms of anaphylaxis may include:

- 1 Itchy, flushed skin, raised skin rash (hives)
- 2 Sneezing, running nose and watery eyes
- 3 Swelling of the airway
- 4 A "lump" or "tickle" in the throat that won't go away
- 5 Coughing
- 6 Sense of impending doom
- 7 Nausea and vomiting

As anaphylaxis progresses, the signs and symptoms may include:

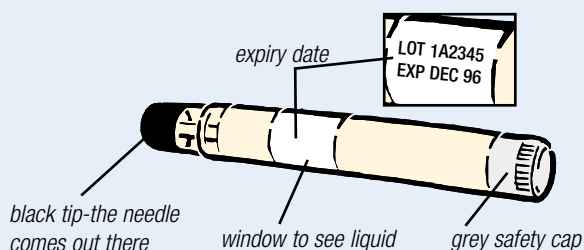
- 1 Pale skin and / or cyanosis
- 2 Anxiety and perhaps a severe headache
- 3 Wheezing, chest feels like it's being squeezed
- 4 Breathing difficulties, coughing
- 5 Pulse is rapid and irregular
- 6 Shock - wrist pulse may be hard to find
- 7 Swelling of the lips, tongue, throat, hands and feet
- 8 Unconsciousness, stopped breathing, stopped heart (cardiac arrest)

How to help with medication for anaphylaxis

Anaphylaxis medication is injected into the body with a needle. The EpiPen® Auto-Injector is designed for simple use to give the right amount of medication with each injection. If the casualty cannot give the injection to him or herself, you may have to do it.

EpiPen® Auto-Injector

The EpiPen® Auto-Injector is a disposable drug-delivery system with a spring-activated, concealed needle. The EpiPen® Auto-Injector delivers a single dose of medication. A casualty may have more than one auto-injector for multiple doses.



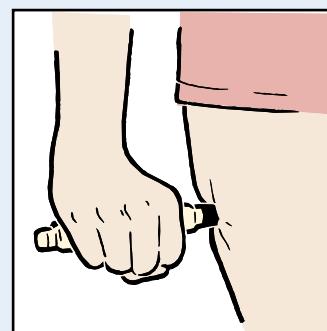
To use the EpiPen® Auto-Injector

- 1 Take the unit out of the plastic case. Check the expiry date and pull off the grey safety cap—once this is off, any pressure on the black tip will activate the unit.
- hold the unit firmly, keeping your hand away from the tip

- If the liquid in the syringe is brown, do not use it. It should be clear and have no colour.
- If the device has expired (check the expiry date) do not use it.
- If you or anyone else is injected by mistake, get medical help.

only use the auto-injector on the fleshy part of the outer thigh

The EpiPen® Auto-Injector can be given through lightweight clothing



- 2 Firmly jab the black tip into the outer thigh until the unit activates—you'll feel and hear a "click." Hold the EpiPen® Auto-Injector in place for ten seconds, then pull it straight out.
- 3 After the injection, keep the casualty warm and avoid any exertion. If the casualty's condition doesn't get better in 10 minutes, give another dose if the casualty has one. The medication will begin to wear off within 10 to 20 minutes—get medical help right away.

What to do with the EpiPen® Auto-Injector

Bend the needle now coming out of the black tip of the unit against something—never touch it. Put the broken needle and the used unit back in the plastic case and take it to a hospital with the casualty.