Determination of urgency, and what to do.

If there are allergy symptoms, make a determination within 5 minutes! When in doubt, use EpiPen[®]! Immediately call 119!

B-1 Highly urgent allergy symptoms

[General symptoms]

Limp, lethargic Dazed, feeling faint Losing bladder or bowel control Weak or irregular pulse Blue-white lips and/or nails

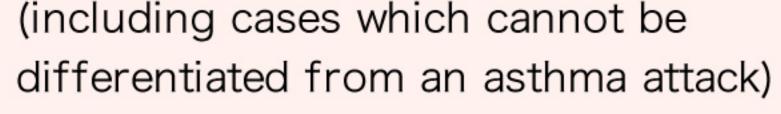
[Respiratory symptoms]

Tightness in throat and/or chest Raspy voice Bark-like cough Difficulty breathing Persistent, violent coughing Wheezy breathing

[Gastrointestinal symptoms]

Persistent, severe (unbearable) stomach pain

Prolonged, repeated vomiting







B-2 What to do for highly urgent allergy symptoms

Immediately use EpiPen[®]!



Call an ambulance (call 119).

Pointers for calling an ambulance

Keep person calm and quiet (refer to the body (3) positions shown below).

Do not make person stand or walk!

Give oral medication.

Go to nurse's office or other place to rest quietly.

Check symptoms every 5 minutes and use the symptom check sheet to determine what to do. Be particularlycareful not to miss allergic symptoms which require urgency.



- 4) Wait for ambulance to arrive.
- If possible, have person take medication. (5)
- Use EpiPen[®]. If symptoms do not improve within 10-15 minutes, use the next EpiPen[®] (if there are 2 or more).
- If there is no reaction and no breathing, perform CPR.



Positioning the patient

If limp, lethargic, dazed, and/or feeling faint



If nauseous or vomiting



If breathing is so difficult that lying down is uncomfortable



Blood pressure may be low. Lay patient on

his/her back and elevate the legs and

feet 15-30 cm (5.9-11.8 inch).

Lay patient on his/her side with face

turned to the side to prevent choking on

vomit.

Have patient sit up and lean his/her back against a chair, wall, or cushions to ease

