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
  (including cases which cannot be differentiated from an asthma attack)

#### [Gastrointestinal symptoms]
- Persistent, severe (unbearable) stomach pain
- Prolonged, repeated vomiting

### B-2 What to do for highly urgent allergy symptoms

1. **Immediately use EpiPen®!**

2. **Call an ambulance (call 119).**

3. Keep person calm and quiet (refer to the body positions shown below).
   - Do not make person stand or walk!
4. Wait for ambulance to arrive.
5. If possible, have person take medication.

- **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**
  - 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).

- **If nauseous or vomiting**
  - Lay patient on his/her side with face turned to the side to prevent choking on vomit.

- **If breathing is so difficult that lying down is uncomfortable**
  - Have patient sit up and lean his/her back against a chair, wall, or cushions to ease breathing.