Food Allergy Emergency Manual

How to deal with an allergic reaction

**Roles and responsibilities in a facility**

1. Don’t take your eyes off the person or leave him/her alone.
2. Call for help.
3. Request another person to bring an EpiPen® and oral medication.

**Allergy symptoms (food suspected)**

- Person ate (or may have eaten) trigger food
- Person touched (or may have touched) trigger food

**Person ate (or may have eaten) trigger food**

If you are alone with the person who is having a reaction
1. Don’t take your eyes off the person or leave him/her alone.
2. Call for help.
3. Request another person to bring an EpiPen® and oral medication.

**Any allergy symptoms requiring urgent care?**

Determine within 5 minutes.

- **Yes**
  - See B-1 of “Determination of urgency, and what to do”
  - Use EpiPen® immediately.
  - Call an ambulance (call 119).
  - Keep calm and quiet.
  - Wait for ambulance to arrive.
  - If possible, take additional medication.

- **No**
  - See B-2 of “Determination of urgency, and what to do”
  - No response. No breathing. Perform CPR.
  - Check symptoms every 5 minutes and use the symptom check sheet to determine what to do.

**How to use EpiPen®**

- **Pointers for calling an ambulance**
- **How to perform CPR and use an AED**

**Symptoms of face, eyes, mouth, nose**

- Swelling of face
- Itching or red eyes, swelling of eyelids
- Sneezing, runny nose, nasal congestion
- Discomfort in mouth, swelling of lips

**Overall symptoms**

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

**Respiratory symptoms**

- Raspy voice
- Bark-like cough
- Tightness in throat and/or chest
- Coughing
- Difficulty breathing
- Wheezing

**Gastrointestinal symptoms**

- Abdominal pain
- Nausea, vomiting
- Diarrhea

**Skin symptoms**

- Itching
- Hives
- Reddening

**When there are 2 or more units of EpiPen®**

- No response. No breathing. Perform CPR.
- Use EpiPen®. If symptoms do not improve within 10-15 minutes, use the next EpiPen®.

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