

B

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

If any one of the above apply

If none of the above apply

B-2 What to do for highly urgent allergy symptoms

① Immediately use EpiPen®!

**C**

How to use EpiPen®

② Call an ambulance (call 119).

**D**

Pointers for calling an ambulance

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. →

E

How to perform CPR and use an AED

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 particularly careful not to miss allergic symptoms which require urgency.

F

Symptom check sheet

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.