

Anaphylaxis

Body & health

How to recognise a severe allergic reaction, and what to do.

Educational reference for people trained or carrying an auto-injector.

1

Recognise it

Breathing difficulty, swelling of throat or tongue, widespread rash, sudden collapse.

2

Use the auto-injector

Outer mid-thigh, through clothing if needed. Follow the device's instructions.

3

Call emergency services

Say the word anaphylaxis. Every case needs hospital assessment.

4

Lie them flat, legs raised

Sitting up if breathing is difficult. Never stand them up.

5

Second dose after 5 minutes

If no improvement and a second injector is available.

CRITICAL

Never stand or walk someone in anaphylaxis

Adrenaline before antihistamines

Symptoms can return hours later

Educational reference only. Anyone at risk should carry two injectors and have a personal allergy action plan.