

## First Aid Management for a Mild allergic reaction

1. Observe for tingling or swelling of the lips, watery eyes or nose, blotchy, itchy rash on face or body. (If the allergen has been eaten try to get the child to spit the offending food out).
2. If on the clothing or hands remove clothing and wash hands.
3. Give the child an oral Antihistamine as prescribed for them such as Piriton, Loratadine or Cetirizine as soon as possible. Observe your child carefully over the next few hours.
4. (If at school the child's parents should be called to come to collect them so the child may be monitored at home).
5. If the child settles, continue to observe carefully over the next 24 hours. You may repeat the antihistamine as directed on the bottle of medication until fully recovered. Inform your G.P. of the event as soon as possible.
6. **If at any time your child looks ill, has any difficulty in breathing, cough or wheeze, swelling inside the mouth, vomiting or the child feels dizzy or faint. This is a sign the child is having a serious reaction called ANAPHYLAXIS (ana-fil-ak-sis) and you need to: Dial 999 and ask for emergency services. Stay with your child and provide comfort until help arrives**

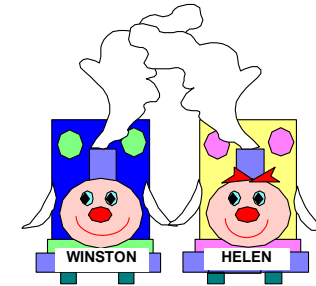
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## PAEDIATRIC DEPARTMENT

**0151 430 1938**



## SELF MANAGEMENT PLAN FOR A MILD ALLERGIC REACTION

**Patient information leaflet**

**WHISTON HOSPITAL**  
**Warrington Road**  
**Prescot L35 5DR**

## Nature & Reasons of the condition

**Allergy** is when the body reacts to foreign substances called (**allergens**), which trigger an exaggerated response from the immune system. An allergic reaction can occur following exposure to many things including foods such as eggs, milk, peanuts, mixed nuts & seafood. It can also occur with some drugs and bee/wasp stings. Other allergens in the air such as (animal dander) from dogs, cats, horses and other animals can also cause allergic reactions to occur.

Your child has been diagnosed as having a

**Mild allergic reaction to**.....  
.....

## Our Usual Form of Treatment

**The best form of management is to avoid known triggers:**.....  
.....

By following the simple First Aid instructions on the back page of this plan you may keep your child safe. Please contact your G.P. specialist nurse or your consultant for any further advice or information.

Yours Consultant is.....

Contact number .....

Your G.P. is.....

Contact Number.....

## Risks & discomforts of Treatment

There are no risks associated with taking antihistamines but allergic reactions can be very serious and unpredictable, therefore if the safety of the child is in doubt **always seek help from emergency services as soon as possible.**

It is important to remember that there is **no guarantee** your child will have the same mild reaction each time they have an allergic event. **Therefore it is important for your doctor to monitor your child on a regular basis.** If required, medical personnel can make changes to management and medication on an ongoing basis. It is for this reason that regular out patient reviews at the hospital or your G.P surgery is very important. Appointments are usually spaced out every 6 months.

- You should always have **two supplies** of Antihistamines.
- One to be kept for home & social use.
- The other is to be kept at School/Nursery/College.
- All carer's should know what to do in the event of your child having a reaction.

**Antihistamines** work by reducing the swelling and the itch caused by the allergic reaction.

The dose of medication for your child is:

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Some telephone numbers you may find helpful include:

British Allergy foundation 020 8303 8583

Anaphylaxis Campaign 01252 542029 or [www.anaphylaxis.org.uk](http://www.anaphylaxis.org.uk)

**Please contact the Paediatric Respiratory Nurse  
for more information on 0151-430-1938**