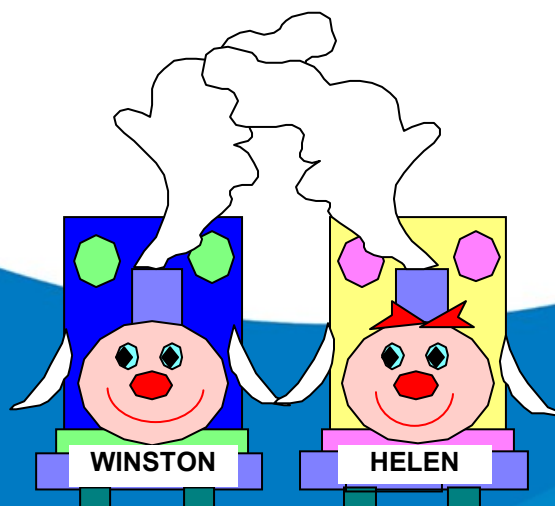


Self management plan for a mild allergic reaction

This leaflet can be made available
in alternative languages / formats on request.

如有需要，本传单可提供其他语言/版式
此單張的其他語言/格式版本可按要求提供

Na żądanie ta ulotka może zostać udostępniona
w innych językach/formatach.



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 GP 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:

.....

Some telephone numbers you may find helpful include:

British Allergy foundation 020 8303 8583

Anaphylaxis Campaign 01252 542029 or www.anaphylaxis.org.uk or

Email: info@anaphylaxis.org.uk

Please contact the Paediatric Respiratory Nurses for more information on:

0151-430-1938/1453

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 GP, specialist nurse or your consultant for any further advice or information.

Yours Consultant is.....

Contact number

Your G.P. is.....

First aid management for a mild allergic reaction

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).
If on the clothing or hands remove clothing and wash hands.

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, ensuring it does not worsen.

If at school, the child's parents should be called to come to collect them so the child may be monitored at home).

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 GP of the event as soon as possible.

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 & provide comfort until help arrives

If you have any further questions, please contact your child's consultant via their secretary via the hospital switchboard. The secretaries are available Monday to Friday 9.00 am to 5.00 pm

If you need to contact the Department outside of these hours, please phone either:

Ward 3F 0151 430 1616

Ward 4F 0151 430 1791

Whiston Hospital
Warrington Road,
Prescot, Merseyside, L35 5DR
Telephone: 0151 426 1600

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www.sthk.nhs.uk