

How to deal with anaphylaxis

What is anaphylactic shock?

Anaphylaxis is a massive allergic reaction to a foreign substance in the body. The immune cells release large quantities of histamine to attack the foreign body, however this causes the anaphylactic reaction.

Signs and symptoms

- Swelling of lips, tongue and throat if the substance has been ingested
- Difficulty breathing as the throat constricts
- Rapid weak pulse
- Nausea, vomiting, stomach cramps and diarrhoea
- Itchy skin
- Rash or red blotches on skin
- Anxiety and sense of doom as condition worsens

Treatment

- Dial 999/112
- Sit casualty up to aid breathing
- Casualty to administer epi-pen immediately
- Administer oral anti-histamine
- Be prepared to perform CPR

