

Patient Information

Allergic Reaction

Children's Services

Introduction

The purpose of this leaflet is to explain the different symptoms and treatment of allergic reaction.

Causes of an allergic reaction - MINOR

Allergic reactions can occur in response to a substance that the body recognizes as foreign. It can be caused by food, drugs, substances or chemicals, animal furs, plants and pollens, house dust mite or by anything.

Symptoms of an allergic reaction

- Skin - urticarial rash (hives), dry and itchy/burning skin
- Swelling of eyes/face/lips (angiodema)
- Eyes - red watery eyes, itchy eyes, puffiness around the eyes
- Nasal - sneezing, runny nose or persistent nasal discharges, rhinitis
- Stomach - stomach pain, vomiting, diarrhoea

Treatment of an allergic reaction

- Give antihistamine as prescribed by your doctor
- Observe your child for signs of improvement or deterioration

Symptoms of an anaphylactic reaction - MAJOR

- **Airway** - difficulty breathing, coughing, wheezy, choking, noisy breathing and voice change
- **Total body** - change of skin colour, floppiness, sense of impending doom/feeling scared, loss of consciousness

Treatment of anaphylactic reaction

- If your child has an EPIPEN , **give immediately**
- **Call 999**
- If asthmatic, give 10 puffs of Salbutamol
- If there is no improvement in 5-10 minutes, a second EPIPEN should be given, if available

Further information

NHS 111


 111

or Contact your GP


NHS website - www.nhs.uk

Useful Telephone Numbers

Bluebell Ward, Lister Hospital
Stevenage

 01438 284008


Children's Emergency Department
Lister Hospital

 01438 284333

Urgent Care Centre, New QEII
Welwyn Garden City

 01707 247549

Community Children's Nursing Team

 01438 288370

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