

Further information can be obtained from:

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| NHS 111 | Dial 111 |
| Or contact your GP | |
| Bluebell Ward, Lister Hospital, Stevenage | 01438 284008 |
| Children's A&E, Lister | 01438 284333 |
| QEII Urgent Care Centre Welwyn Garden City | 01707 247549 |
| Lister Community Children's Nurses | 01438 284012 |
| QEII Community Children's Nurses | 01438 288370 |
| Patient Advice and Liaison Service | 01438 285811 |

The information in this leaflet was taken from www.cks.nhs.uk and www.gosh.nhs.uk

www.enherts-tr.nhs.uk

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You can request
this information in a
different format or
another language.

Allergic Reaction

Child Health Patient Information Leaflet



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 colour, floppiness, loss of consciousness, sense of impending doom

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**