

## Further information

NHS 111  
or Contact your GP

☎ 111

NHS website - [www.nhs.uk](http://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

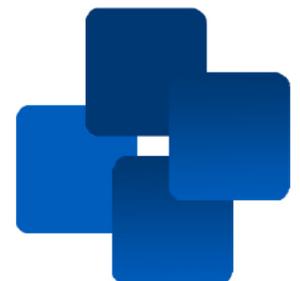
Community Children's Nursing Team

☎ 01438 288370

# 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