

Name.....

Known Allergens.....

Emergency Contact details.....

Mild/Moderate Reaction

- Hives (raised, red itchy rash)
- Itchy/tingling lips, mouth or tongue
- Swollen lips, face, or eyelids
- Abdominal pain or vomiting

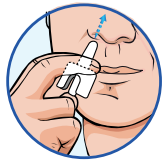
Action to take

- Take _____ **non-sedating antihistamine(s)**
- Take a second dose if you have vomited, or are no better after 30 minutes
- Be prepared to use your EURneffy®.

How to give EURneffy®



1. Hold the nasal device as shown with your thumb on the bottom of the plunger



2. Insert the tip of nasal spray into the nostril until your fingers just touch your nose. Point as shown



3. Press plunger firmly UPWARDS, telling the person to breath normally.

Watch for signs of ANAPHYLAXIS

(life-threatening allergic reaction)

Anaphylaxis may occur without skin symptoms: ALWAYS consider that you might be having anaphylaxis if you develop **SUDDEN BREATHING DIFFICULTY**

A AIRWAY

- Swelling in throat, tongue or upper airway
- Difficulty in swallowing

B BREATHING

- Sudden onset wheezing
- Breathing difficulty
- Noisy breathing

C CIRCULATION

- Dizziness, feeling faint
- Sudden sleepiness, tiredness, confusion
- Pale clammy skin
- Loss of consciousness

IF YOU HAVE ANY OF THESE SIGNS OF ANAPHYLAXIS:

- 1 Lie flat with your legs raised** (if breathing is difficult, you may sit up)



- 2 Use your EURneffy® nasal device without delay**

- 3 Dial 999** for ambulance and say ANAPHYLAXIS (“ANA-FIL-AX-IS”)

AFTER GIVING ADRENALINE:

1. Stay lying flat or sitting up until ambulance arrives, **do NOT stand up.**
2. If no better **after 5 minutes, give a further adrenaline dose** using a second EURneffy device into the same nostril. Further adrenaline can also be given using a spare adrenaline autoinjector device, if available.

You can dial 999 from any phone, even if there is no credit left on a mobile. Medical observation in hospital is recommended after anaphylaxis.

- Always carry your EURneffy® nasal devices with you
- Check the expiry date on your EURneffy® nasal devices
- Practice how to use your EURneffy® nasal device with a trainer device

Additional instructions:

If there is any wheezing or difficulty in breathing, GIVE ADRENALINE FIRST followed by a prescribed reliever (with a spacer if needed or available)

This medical document can only be completed by a suitably trained healthcare professional. It should not be edited after completion. A new document should be completed if changes are needed, and only with a trained healthcare professional's recommendation. During travel, your adrenaline device must be carried in hand luggage or on the person, and **NOT** in the luggage hold.

This action plan and authorisation to travel with emergency medications has been prepared by:

Sign & print name

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Hospital/Clinic

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Contact details

Date

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