**MILD TO MODERATE ALLERGIC REACTION**

- swelling of lips, face, eyes
- hives or welts
- tingling mouth
- abdominal pain, vomiting (these are signs of a severe allergic reaction to insects)

**ACTION**

- **For insect allergy** flick out sting if visible. Do not remove ticks
- Stay with person and call for help
- Give medications (if prescribed) ........................................ Dose: .................................................................
- Locate EpiPen® or EpiPen® Jr
- Contact family/emergency contact

Watch for **any one of the following signs of Anaphylaxis**

**ANAPHYLAXIS (SEVERE ALLERGIC REACTION)**

- difficult/noisy breathing
- swelling of tongue
- swelling/tightness in throat
- difficulty talking and/or hoarse voice
- wheeze or persistent cough
- persistent dizziness or collapse
- pale and floppy (young children)

**ACTION**

1. Lay person flat, do not stand or walk. If breathing is difficult allow to sit
2. Give EpiPen® or EpiPen® Jr
3. Phone ambulance*: 000 (AU), 111 (NZ), 112 (mobile)
4. Contact family/emergency contact
5. Further adrenaline doses may be given if no response after 5 minutes (if another adrenaline autoinjector is available)

*Medical observation in hospital for at least 4 hours is recommended after anaphylaxis.

Additional information