

Helping someone who is having a severe allergic reaction



Key action:
Call 999.



Recognise what to do:

The person has contact with something they are allergic to (for example, peanuts, a sting or latex).

The person may develop a rash, itchiness or swelling on their hands, feet or face.

Their breathing may slow down.

Steps to take:

When you observe these symptoms, call 999 or get someone else to do it.

If someone has a known allergy and has an autoinjector, you can help them to use it, or do it yourself following the guidance on the product.

Give constant reassurance while waiting for the ambulance to arrive.

Supporting knowledge:

An allergic reaction can affect someone very quickly and can be very serious, resulting in swelling of their airway, which causes them to stop breathing.

If someone is having a severe allergic reaction for the first time this will be very frightening for them; and for you to deal with.