

Anaphylaxis in children

Children's Services

What is it?

Anaphylaxis is a severe and life threatening allergic reaction, which can affect the whole body very quickly, and unless treated quickly can be life-threatening.

People who suffer from asthma, hay fever or other allergic conditions are at a higher risk of anaphylaxis.

What causes it?

Anaphylaxis is an overreaction by the body's protective system (immune system) to something that it thinks is attacking the body. As a result something called histamine is released in the body and this causes the problems your child might encounter.

The things that cause these reactions are known as allergens. Common allergens include: nuts, eggs, fish, shellfish, insect bites/stings, drugs/medicines and latex.

The reaction can occur after touching, eating, drinking or breathing in the allergen and often comes on very soon after doing one of these things.

What to look out for:

- Flushing / redness
- Swelling around the face, eyes, mouth and in the throat
- Chest pain
- Itching
- Stomach pain
- Wheezing
- Nausea and vomiting
- Light headedness
- Difficulty breathing
- Weakness and floppiness

Treatment

Anaphylaxis is a medical emergency and the most effective immediate treatment is an injection

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- **Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available**
- **If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111**
- **Keep the environment clean and tidy**
- **Let's work together to keep infections out of our hospitals and care homes.**

of adrenaline into the muscle. Those who are at risk of anaphylaxis can be prescribed pre-loaded injection kits (commonly called epipens or anapens) that can be given if the symptoms of anaphylaxis begin. This means that if your child has an anaphylactic reaction they can quickly use their pen to treat the problem. Further to this injection medical assistance should be sought quickly via dialling 999.

After your child has had an anaphylactic reaction to something there is a high chance that they will have another one, so if your child has been given an epipen/anapen to treat anaphylaxis they should have it with them at all times just in case.



As soon as your child is old enough to understand they should be involved in the avoidance of the food / insect etc that causes the anaphylaxis and they should also be taught how to use their epipen themselves.

Anaphylaxis and School

While your child is at school they may be in contact with the things allergens that could cause anaphylaxis so it is important to let the school know if your child is allergic to anything. More importantly if your child has been given an epipen to use if they have an anaphylactic reaction the school should know how and when to use it. It is also a good idea to give the school one or two pens to keep at the school at all times just in case.

Remember

1. Anaphylaxis is an emergency and can be life threatening for your child
2. Keep the epipen / anapen with your child at all times
3. Be careful about anything your child is allergic to
4. Tell friends and family about the allergy
5. Be careful to read ingredient lists on food packaging to make sure your child won't eat what can be dangerous to them

For more information contact your GP or visit The British Society for Allergy and Clinical Immunology at www.bsaci.org.

Ask to see the Paediatric Dietician at your hospital if you haven't already seen them to talk about avoiding the food stuffs that your child is allergic to.

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。