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ALLERGY AND ANAPHYLAXIS POLICY

Author:	Head of Health & Safety / Clinical Lead Nurse
Reviewer:	Clinical Lead Nurse
Introduced:	November 2024
Next Review:	September 2025

1 AIMS AND OBJECTIVES

This policy outlines Bryanston School's approach to allergy management, including how the whole-school community works to reduce the risk of an allergic reaction happening and the procedures in place to respond should an incident occur.

It also sets out how we support our pupils and employees with allergies to ensure their wellbeing and inclusion, as well as demonstrating our commitment to being an 'Allergy Aware School'.

In addition, to ensure that special dietary requirements are met and catered for wherever reasonably possible.

This policy applies to all employees, pupils, parents and visitors to the school and should be read alongside the following policies:

- First Aid Policy
- Care of Unwell Pupils Policy
- Guidance document SG16 – 'Guidance on AAIs'

2 WHAT IS AN ALLERGY?

Allergy occurs when a person reacts to a substance that is usually considered harmless. It is an immune response and instead of ignoring the substance, the body produces histamine which triggers an allergic reaction.

Whilst most allergic reactions are mild, causing minor symptoms, some can be very serious and cause anaphylaxis, which is a life-threatening medical emergency.

People can be allergic to anything, but serious allergic reactions are most commonly caused by food, insect venom (such as a wasp or bee sting), latex and medications.



3 DEFINITIONS

ANAPHYLAXIS: Anaphylaxis is a severe life-threatening allergic reaction and must be treated as a medical emergency.

ALLERGEN: A normally harmless substance that, for some, triggers an allergic reaction. You can be allergic to anything however the most common allergens are food, medication, animal dander (skin cells shed by animals with fur or feathers) and pollen. Latex, wasp and bee stings are less common allergens.

Most severe allergic reactions to food are caused by just 9 foods. These are eggs, milk, peanuts, tree nuts (which includes nuts such as hazelnut, cashew nut, pistachio, almond, walnut, pecan, Brazil nut, macadamia etc), sesame, fish, shellfish, soya and wheat. There are 14 allergens required by law to be highlighted on pre-packed food. These allergens are celery, cereals containing gluten, crustaceans, egg, fish, lupin, milk, molluscs, mustard, peanuts, tree nuts, soya, sulphites (or sulphur dioxide), and sesame.

ADRENALINE AUTO-INJECTOR: Single-use device which carries a pre-measured dose of adrenaline. Adrenaline auto-injectors are used to treat anaphylaxis by injecting adrenaline directly into the upper, outer thigh muscle. Adrenaline auto-injectors are commonly referred to as AAIs, adrenaline pens or by their brand name. There are two brands licensed for use in the UK: 'EpiPen' and 'Jext'. For the purposes of this policy, we will refer to them as Adrenaline Pens.

ALLERGY ACTION PLAN: This is a document filled out by a healthcare professional, detailing a person's allergy and their treatment plan. At Bryanston we use the BSACI Allergy Action Plan paediatric templates which include versions for people with and without a prescribed adrenaline pen. [Paediatric Allergy Action Plans - BSACI](#).

INDIVIDUAL HEALTHCARE PLAN: A detailed document outlining an individual pupil's condition, history, treatment, risks and action plan. This document should be created by schools in collaboration with parents/carers and, where appropriate, pupils. All pupils with an allergy should have an Individual Healthcare Plan.

RISK ASSESSMENT: A detailed document outlining an activity, the hazards and risks it poses, and any actions taken to mitigate those risks. Allergy should be included on all risk assessments for events on and off the school site, where an identified pupil and/or employee is in attendance.

SPARE PENS: Schools can purchase and hold spare adrenaline pens. These should be held as a back-up, in case pupils' prescribed adrenaline pens are not available. They can also be used to treat a person who experiences anaphylaxis but has not been prescribed their own adrenaline.



4 ROLES AND RESPONSIBILITIES

Bryanston takes a whole-school approach to allergy management.

Medical Centre - The Clinical Lead Nurse is responsible for:

- a. Collecting and coordinating the paperwork (including Individual Healthcare Plans) and information from families (this is likely to involve liaising with the Admissions Team for new joiners).
- b. Support colleagues on how this information (above) is disseminated to all school employees, including the Catering Team and part time employees.
- c. Ensuring a list, with photographs, of pupils is shared with relevant employees and teams advising them of those pupils with allergies and to keep this updated.
- d. Ensuring the information from families is up-to-date and reviewed annually.
- e. Coordinating medication with families and ensuring medication is in date. Whilst it's the parents and carers responsibility to ensure medication is up to date, the school will also have systems in place to notify parents where expiry dates are approaching.
- f. Keeping an adrenaline pen register to include Adrenaline Pens prescribed to pupils and Spare Pens, including brand, dose and expiry date. The location of Spare Pens will also be documented.
- g. Regularly checking spare pens: their location, that they are in date, arranging for any required replacements, and ensuring employees know where they are.
- h. Working alongside H&S, providing on-site adrenaline pen training for other employees and pupils and refresher training as required e.g. before school trips.
- i. Being the point of contact for employees, pupils and parents with concerns or questions about allergy management.
- j. Ensuring allergy information is recorded, up-to-date and communicated to all employees.
- k. Keep a record of any allergic reactions or near-misses and ensure an investigation is held as to the cause and put in place any learnings.
- l. Taking decisions on allergy management across the school.
- m. Regularly reviewing and updating this policy.
- n. At regular intervals, check procedures and report to the ExCo as/when requested.

The Prep School Matron is also responsible for points b-k, in conjunction with the Medical Centre, for the Prep School only.

Matrons, House Parents, and other supervisory employees

- Be familiar with this policy, and associated policies and documentation, including action plans and healthcare plans.
- Championing allergy awareness across the school, ensuring pupils are aware of their obligations as noted on page 5.
- Ensuring the safety, inclusion and wellbeing of pupils and employees with an allergy.
- Regularly checking spare pens are where they should be, and that they are in date.
- Regularly checking first aid kits, ensuring the contents are adequate.
- Ensuring relevant employees are appropriately trained, have good allergy awareness and understand their role in allergy management.
- Ensure pupils and parents have a good awareness of the school's Policy.
- Supervise Prep pupils, at meal and snack times.



Admissions Team

They will work with the Medical Centre & Catering team to ensure that:

- There is a clear method to capture allergy/intolerance information or special dietary information at the earliest opportunity.
- There is a clear structure in place to communicate this information to the relevant parties (i.e. Medical Centre AND Catering team, plus House Teams).
- Visitors (e.g. Open days & events) are aware of the catering set up and if food is to be offered and plans for medication if the child is to be left without parental supervision.

All Employees

All employees are responsible for:

- Championing and practising allergy awareness across the school
- Understanding and putting into practice this Policy, and related procedures, and seeking support where needed.
- Being aware of pupils and employees with allergies, and what they are allergic to.
- Considering the risk, to those with allergies, posed by any activities and assessing whether the use of any allergen in an activity is necessary and/or appropriate.
- Ensuring pupils always have access to their medication – Pupils in the Senior and Prep School should always carry their emergency medications.
- Being able to recognise and respond to an allergic reaction, including anaphylaxis
- Taking part in training and anaphylaxis drills as required (at least once a year) and to tell a manager if you have not received any in the last 12 months.
- Considering the safety, inclusion and wellbeing of pupils with allergies at all times.
- Preventing/responding to allergy-related bullying, following the Anti-Bullying policy.

First Aiders and other trained employees

- Maintain their qualifications/training and keep up to date with their skills.
- Be familiar with this policy, and associated policies and guidance documents.
- Not to exceed their skillset and to seek further help where needed.
- Ensure accurate reporting of incidents and referrals to the Medical Centre.

All Parents / Carers / Guardians

Whether their child has an allergy or not, they are responsible for:

- Being aware of and understanding the school's Allergy and Anaphylaxis Policy and considering the safety and wellbeing of pupils with allergies.
- Providing the clinical lead nurse with information about their child's medical needs, including dietary requirements and allergies, history of their allergy, any previous allergic reactions or anaphylaxis. They should also inform the school of any related conditions, for example asthma, hay fever, rhinitis or eczema.
- Considering and adhering to any food restrictions or guidance the school has in place when providing food, e.g. in packed lunches, as snacks or for fundraising events.
- Refraining from telling the school their child has an allergy or intolerance if this is a preference or dietary choice.
- Encouraging their child to be allergy aware.

**Parents/Guardians of pupils with allergies should:**

- Fully complete a New Pupil Medical Questionnaire form before their child commences, giving details of any dietary requirements, intolerances and/or allergies. These details must also explain why the food cannot be consumed, what effect it has on the child, if any medication is required and if the allergy has been diagnosed by a doctor. A child's entry into school could be delayed whilst employees undertake any additional/relevant training.
- Complete a Dietary Exclusion Form (on MySchoolPortal (MSP)) if their child has any dietary allergies or intolerances.
- Work with the school to complete an Individual Healthcare Plan and/or provide any Allergy Action plan.
- If applicable, provide the school or their child with two labelled adrenaline pens and (for day pupils only) provide any other medication, for example antihistamine (with a dispenser, i.e. spoon or syringe), inhalers or creams.
- Ensure medication is in-date and replaced at the appropriate time.
- Update school with any changes to their child's condition and ensure the relevant paperwork is updated too. This includes any specific dietary needs or newly diagnosed allergies/intolerances.
- Provide an up-to-date photograph of their child and sign the associated permission for it to be shared appropriately as part of their allergy management.
- Support their child to understand their allergy diagnosis and to advocate for themselves and to take reasonable steps to reduce the risk of an allergic reaction occurring. i.e. not exposing themselves intentionally, to their known allergen.
- Adhere to the Prep School's 'No Nuts' policy - In view of the number of children who suffer from allergies, peanuts and peanut butter are not permitted in the school and will not be used in any circumstances. Vigilance is to be exercised about any food coming into school. The bringing of snacks and drinks must not put in harm's way, or discriminate against, those with special dietary needs.

All Pupils should:

- Be allergy aware and understand the risks allergens might pose to their peers.
- Learn how they can support their peers and be alert to allergy-related bullying.
- Older pupils will learn how to recognise and respond to an allergic reaction and to support their peers and employees in case of an emergency.
- If pupils are likely to be buying or bringing in food from home and are old enough to check the ingredients include a line about adhering to food restrictions or guidance about food being brought in.

Those with allergies are responsible for:

- Knowing what their allergies are and how to mitigate personal risk.
- Avoiding their allergen as best as they can.
- Understand that they should notify an employee if they are not feeling well or suspect they might be having an allergic reaction.
- Age-appropriate: Always carrying their adrenaline auto-injectors with them. They must only use them for their intended purpose.
- Understand how and when to use their adrenaline auto-injector.
- Talking to the Medical Centre if they are concerned by any school processes or systems related to their allergy.



- Raising their concern if they experience any inappropriate behaviour in relation to their allergies.
- Pupils permitted to leave the school site should know what to do if they have an allergic reaction off school premises. This should include how to treat themselves and raising the alarm to get help.
- Senior school pupils are expected to manage their own meal choices and historically have done so successfully. Whereas Prep pupils are guided with appropriate meal options provided.
- Where employees have a known allergy, or other medical condition, they should make this known to HR and their line manager wherever possible, so that the school and can support colleagues and provide any reasonable adjustments as required.

5 INFORMATION AND DOCUMENTATION

Register of pupils with an allergy

The school has a register of pupils who have a diagnosed allergy. This includes children who have a history of anaphylaxis or have been prescribed adrenaline pens, as well as pupils with an allergy where no adrenaline pens have been prescribed. Systems in the Medical Centre allow for teachers to easily see which pupils in their class have medical conditions – Systems accessible include iSams and SOCS.

Individual Healthcare Plans

Each pupil with an allergy has an Individual Healthcare Plan. Information includes:

- Known allergens and risk factors for allergic reactions
- A history of their allergic reactions
- Detail of the medication the pupil has been prescribed including dose, this should include adrenaline pens, antihistamine etc.
- A copy of parental consent to administer medication, including the use of spare adrenaline pens in case of suspected anaphylaxis
- A photograph of each pupil
- A copy of their Allergy Action Plan.

6 ASSESSING RISK

Allergens can crop up in unexpected places. Employees (including visiting employees) will consider allergies in all activity planning and include it in risk assessments. Some examples include:

- Classroom activities, for example craft using food packaging, science experiments where allergens are present, food tech or cooking.
- Bringing animals into the school, e.g. a dog or hatching chick eggs can pose a risk.
- Running activities or clubs where they might hand out snacks or food “treats”. Ensure safe food is provided or consider an alternative non-food treat for all pupils.
- Planning special events, such as cultural days and celebrations.

Inclusion of pupils with allergies must be considered alongside safety and they should not be excluded. If necessary, adapt the activity.



7 FOOD, INCLUDING MEALTIMES & SNACKS

School Catering - The school is committed to providing all children a safe, daily, balanced diet incorporating protein, vitamins, minerals, fats and carbohydrates.

- Due diligence is carried out regarding allergen management when appointing catering employees.
- All catering employees and other employees preparing food will receive relevant and appropriate allergen awareness training.
- Anyone preparing food for those with allergies will follow good hygiene practices, food safety and allergen management procedures.
- The catering team will endeavour to get to know the pupils with allergies and what their allergies are, supported by school employees.
- Catering will endeavour to provide varied meal options to those with allergies.
- The school has robust procedures in place to identify pupils with food allergies. The Medical Centre provides regular communications, including at the start of the year, of pupils with known allergies, including their photograph.
- Catering Managers have access to all Dietary Exclusion Forms submitted by parents via MSP.
- Food containing the main 14 allergens (see Allergens definition) will be clearly identified for all to see. Other ingredient information will be available on request.
- Food packaged to go will comply with PPDS legislation (Natasha's Law) requiring the allergen information to be displayed on the packaging.
- Where changes are made to the ingredients this will be communicated to those with dietary needs.
- Precautionary Allergen Labelling or "May Contain" labelling, applied to all menus and displays on entrance to food court and on packaging as required.
- Nuts/peanuts are not purchased/used in catering however, where required, precautionary labelling is applied.

In addition, the catering department have a 'kitchen allergen reporting' system:

- During the kitchen briefing a chef is given a dish to make, the chef makes this dish checking all packaging in the process and records this on an allergen sheet and signs off. The allergen sheet is checked and signed by the chef in charge (when all dishes are on it) and passed to the catering manager.
- The catering manager types up the sheet and checks for allergens comparing them with previous records, they also type the allergens on to the dish menu (so it is easily visible to the pupils). The sheet is returned to the chef in charge who checks and signs off before final printing.
- Just before server starts the chef in charge does a final allergen check in the dining room, checking all menus.
- We also have 2 allergen champions who take care of our special dietary requirements, this is also checked by the chef in charge, who will also look after those diets on the champion's day off.
- The salad and pastry chefs make all their own dishes and write their own allergen sheet and check all packaging in the process, these are also checked by the chef in charge and the catering manager.
- All food that leaves the kitchen has an allergen sheet that has been triple checked in this way before leaving the kitchen, be it hospitality or packed lunches.



Food brought into school

Bryanston is aware that pupils and employees could bring in food to the school. Communication and education are key to ensure their awareness of allergies, including any peers in their houses who may have an allergy, to ensure 'brought in allergens' are avoided.

Where external parties (such as parents, governors etc) bring in food for events, such as open morning, fetes etc. they are advised to avoid the common 14 allergens and ensure any ingredients/precautionary labelling is applied to the product. It will be the responsibility of the event organiser to communicate this requirement to all concerned.

Food bans or restrictions

While we may wish to restrict certain foods on site, at certain times, messaging around this will be carefully considered. For example, bans are almost impossible to enforce but can lead to a sense of complacency or give a false sense of security. Reminding everyone to be allergy aware and to remain vigilant is vital. It is also important that we don't give the impression of one allergen being more dangerous than others.

We have individuals with a wide range of allergies to different foods, so we encourage a considered approach to bringing in food. We try to restrict peanuts and tree nuts as much as possible on the site and check all foods coming into the kitchen (where there is NO use and purchase of nuts).

All food (where not provided by catering) coming onto school premises or taken on a school trip or to a match, should be checked to ensure nuts are not an ingredient in another product. Please check the label on all foods brought in. Common foods that contain these goods as an ingredient include: packaged nuts, cereal bars, chocolate bars, nut butters, chocolate spread, sauces.

Boarding Houses, where known pupils have an allergy, are managed individually by House Parents and their team, to ensure controls and messaging are clear to all within that house. Whilst the school is not 'nut free', Houses can take steps to control what produce is brought into their environments. Communication and education is key to this success.

Food hygiene for Pupils

- Pupils will wash their hands before and after eating
- Sharing, swapping or throwing food is not allowed
- Water bottles and packed lunches should be clearly labelled
- Kitchens in boarding environment will be kept clean by housekeeping employees, with pupils reminded of the need to maintain a clean kitchen environment.



8 SCHOOL TRIPS AND SPORTS FIXTURES

- Employees leading the trip will have a register of pupils with allergies and medication details. They should also be aware of any accompanying employee with an allergy.
- Allergies will be considered on risk assessments and catering provision put in place
- Parents may be consulted if necessary, or if the trip requires an overnight stay
- Employees (and some pupils, if appropriate) accompanying the trip will be trained to recognise and respond to an allergic reaction
- Allergens will be clearly labelled on catered packed lunches.
- If attending Match Tea at another school, details of their dietary requirements will be sent ahead to ensure they have a safe meal.
- See Adrenaline Pens section for School Trips and Sports Fixtures.

9 INSECT STINGS

For those with a known insect venom allergy, employees should ensure:

- Pupils avoid walking around in bare feet or sandals when outside and when possible, keep arms and legs covered.
- Avoidance of wearing strong perfumes or cosmetics.
- Keep food and drink covered.
- Ensure emergency medications are carried and know where to get antihistamines.

The grounds team will periodically monitor the grounds for wasp or bee nests. Pupils (with or without allergies) should notify an employee if they find a wasp or bee nest in the school grounds and avoid them.

10 ANIMALS

It is normally the dander that causes a person with an animal allergy to react. Precautions to limit the risk of an allergic reaction include:

- A pupil with a known animal allergy should avoid the animal they are allergic to.
- If an animal comes on site a risk assessment will be done prior to the visit.
- Areas visited by animals will be cleaned thoroughly.
- Anyone in contact with an animal will wash their hands after contact.
- If an employee has an animal which lives on site, for example in a Boarding House, pupils, parents and employees will be made aware and consideration and adaptations will be made.
- School trips that include visits to animals will be carefully risk assessed.

11 ALLERGIC RHINITIS / HAY FEVER

Pupils should ensure they carry their normal preventer medication, including any antihistamines, and that their medication is taken as prescribed/required. Their normal responsibilities apply here, as explained earlier.



12 INCLUSION AND MENTAL HEALTH

Allergies can have a significant impact on mental health and wellbeing. Pupils may experience anxiety and depression and are more susceptible to bullying.

- No child with allergies should be excluded from taking part in a school activity, whether on the school premises or a school trip.
- Pupils with allergies may require additional pastoral support including regular check-ins from their Tutor/House Parent/Matron or Link Nurse etc.
- Affected pupils will be given consideration in advance of wider school discussions about allergy and school Allergy Awareness initiatives
- Bullying related to allergy will be treated in line with the school's anti-bullying policy.

13 ADRENALINE PENS

Storage of Adrenaline Pens

- Pupils prescribed with pens will always have easy access to two in-date pens.
- Spot checks will be made to ensure adrenaline pens are where they should be and in date. Matrons will undertake periodic checks on medicines in their houses.
- Pupils at the senior school will carry their adrenaline pens at all times, further pens are held in specific areas around the school. Including the Catering department, Medical Centre, Gatehouse, Sports Centre, CJ hut and the Boat House.
- The Prep School holds an adrenaline pen of both strengths in the kitchen and two pens are held in a specific bag for the pupil with severe allergies in Pre-Prep.
- Adrenaline pens will not be kept locked away but be easily accessible at all times.
- Adrenaline pens should be stored at correct temperatures (following manufacturer's guidelines), not in direct sunlight or above heat sources (e.g. radiator).
- Used or out of date pens will be disposed of as 'sharps' at the Medical Centre.

Spare Pens

The school has 10 spare adrenaline pens in the general school areas at the senior school and each boarding house with an anaphylactic pupil holds at least one generic spare, to be used in accordance with government guidance. There are two spare adrenaline pens in the prep schools Kitchen (1x 0.3mg and 1x 0.15mg). Pens are clearly signposted. The boarding houses that currently hold generic pens are, Dorset, Cranborne, Allan, Purbeck, Shaftesbury, Harthan, Hunter, Portman and Greenleaves.

The Medical centre is responsible for:

- Deciding how many spare pens are required
- What dosage is required, based on the Resuscitation Council UK's age-based guidance
- The purchasing of spare adrenaline pens
- Distribution around the site and clear signage.



Adrenaline Pens on School Trips / Fixtures

- No child with a prescribed adrenaline pen will be able to go on a school trip without two of their own pens. It is the trip leader's responsibility to check they have them.
- Adrenaline pens will be always kept close to the pupils e.g. not stored in the hold of the coach when travelling or left in changing rooms.
- Adrenaline pens will be protected from extreme temperatures.
- Employees accompanying the pupils will be aware of pupils with allergies and be trained to recognise and respond to an allergic reaction.
- Consider whether to take Spare pens to sporting fixtures and on trips.

14 RESPONDING TO AN ALLERGIC REACTION /ANAPHYLAXIS

See appendix on recognising and responding to an allergic reaction.

15 TRAINING

The school is committed to training relevant employees regularly, to give them a good understanding of allergies and emergency actions.

This includes:

- Understanding what an allergy is
- How to reduce the risk of an allergic reaction occurring
- How to recognise and treat an allergic reaction, including anaphylaxis
- How the school manages allergies, for example Emergency Response Plan, documentation, communication etc.
- The importance of inclusion of pupils with food allergies, the impact of allergy on mental health and wellbeing and the risk of allergy related bullying.

House teams, where there is a known pupil with a severe allergy, will receive anaphylaxis training, including around the use of an adrenalin pen, every 2 years.

All First Aid qualified employees (regardless of level) automatically receive anaphylaxis training, alongside Asthma, as part of their course.

16 ASTHMA

It is vital that pupils with allergies keep their asthma well controlled, because asthma can exacerbate allergic reactions. Pupils are required to ensure their blue reliever inhaler is on their person at all times, and that preventer medications are taken as prescribed.

17 REPORTING ALLERGIC REACTIONS

The school will log allergic reaction incidents and near-misses. The school's normal accident/near miss reporting system should be used, in conjunction with the medical centre reporting systems.

END



Appendix – Reactions & Symptoms plus Emergency Actions

ALLERGIC REACTIONS VARY

Allergic reactions are unpredictable and can be affected by factors such as illness or hormonal fluctuations. You cannot assume someone will react the same way twice, even to the same allergen. Reactions are not always linear. They don't always progress from mild to moderate to more serious; sometimes they are life-threatening within minutes.

MILD TO MODERATE ALLERGIC REACTIONS

Symptoms include:

- Swollen lips, face or eyes
- Itchy or tingling mouth
- Hives or itchy rash on skin
- Abdominal pain
- Vomiting
- Change in behaviour

Response:

- Stay with pupil
- Call for help
- Locate adrenaline pens
- Give antihistamine
- Make a note of the time
- Phone parent or guardian
- Continue to monitor the pupil

SERIOUS ALLERGIC REACTIONS / ANAPHYLAXIS

The most serious type of reaction is called ANAPHYLAXIS. Anaphylaxis is uncommon, and children experiencing it almost always fully recover. In rare cases, anaphylaxis can be fatal. It should always be treated as a time-critical medical emergency.

Anaphylaxis usually occurs within 20 minutes of eating a food but can begin 2-3 hours later.

People who have never had an allergic reaction before, or who have only had mild to moderate allergic reactions previously, can experience anaphylaxis.

SYMPTOMS

A – Airway

Persistent cough
Hoarse voice
Difficulty swallowing
Swollen Tongue
Swollen Lips

B – Breathing

Difficult/noisy breathing
Wheeze or cough
Short of breath

C - Circulation

Dizziness
Pale or floppy
Sleepy
Collapse or unconscious



GENERAL EMERGENCY ACTIONS - DELIVERING ADRENALINE

1. Take the medication to the patient, rather than moving them.
2. The patient should be **led down with legs raised**. If they are having trouble breathing, they can sit with legs outstretched.
3. It is not necessary to remove clothing but make sure you're not injecting into thick seams, buttons, zips or even a mobile phone in a pocket!
4. **Inject adrenaline into the upper outer thigh** according to the manufacturer's instructions.
5. Make a note of the time you gave the first dose and **call 999** (or get someone else to do this while you give adrenaline). Tell them you have given adrenaline for anaphylaxis.
6. Stay with the patient and do not let them get up or move, even if they are feeling better (this can cause cardiac arrest).
7. If their condition has not improved or symptoms have got worse, **give a second dose of adrenaline after 5 minutes**, using a second device.
8. **Start CPR and get a defibrillator, if they collapse unresponsive AND stop breathing normally.**
9. Hand over used devices to paramedics and remember to get replacements.

EpiPen Specific Instructions:

1. Grasp EpiPen in dominant hand (writing hand), with thumb nearest blue cap and form fist around unit (orange tip down)
2. With other hand pull off blue safety cap.
3. Hold the EpiPen at approximately 10 cm away from the outer thigh. The orange tip should point towards the outer thigh.
4. Jab the EpiPen firmly into outer thigh at a right angle (90-degree angle) (listen for click).
5. Hold firmly against thigh for 3 seconds. The injection is now complete and the window on the autoinjector is obscured.
6. EpiPen should be removed (the orange needle cover will extend to cover needle) and safely discarded.
7. Dial 999, ask for ambulance, and state anaphylaxis

