

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 auto-injector, 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.