



Occupational Health
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Severe allergic reactions

What to do in an emergency



As soon as a severe reaction is suspected, an adrenaline injection must be administered.



The person should remain as still as possible. Ideally, they should be lying down and if they are feeling weak, dizzy or appear pale and sweating their legs should be raised.



Call 999. Say the person is suffering from anaphylaxis (anna-fill-axis). Give clear and precise directions to the operator, including your postcode.



Make a note of the time adrenaline was given. If there is no improvement, a second dose can be given after 5 minutes.



If the person deteriorates after making the initial 999 call, make a second call to ensure an ambulance has been dispatched.



Send someone outside to direct the ambulance crew.



Try to ascertain what food or substance caused the reaction and ensure the ambulance crew knows this.