

# Anaphylaxis – what to do in an emergency



Ask: “Do you suffer from an allergy?”

“Do you have an Adrenaline Auto-Injector? (EpiPen)”



An Adrenaline Injection should be administered as soon as a severe reaction is suspected in the upper outer thigh.

The person should remain as still as possible. If they feel weak or dizzy, lie them down and elevate their legs.



**Call 999.** Say the person is suffering from anaphylaxis (anna-fill-axis). Give clear and precise directions:

**Newnham College, CB3 9DF,**

**e.g ‘outside the Buttery’ and the Porters’ tel no: 01223 335700).**

**Inform the Porters’ Lodge immediately so that the Porters can bring an Adrenaline Auto-injector/ direct the ambulance crew**



Make a note of the time Adrenaline was given. If no improvement, a second dose can be given after 5 minutes. If the person deteriorates after making the 999 call, make a second call to make sure ambulance has been dispatched. Stay with the person.

**An Adrenaline Auto-Injector for use in an emergency is located at the Porters’ Lodge**