

RGSCleaning Ltd WHAT IS ANAPHYLAXIS?

Anaphylaxis or Anaphylactic Shock is a severe allergic reaction. It is caused when the immune system has an overreaction to an allergen.

An allergen is a trigger and might include foods, such as dairy products, nuts or seafood, medication, latex or insect stings.

Almost anything can be an allergen. A reaction usually happens on the second or subsequent exposures to an allergen.



RGS **WHAT IS ANAPHYLAXIS?** *Cleaning Ltd*

The reaction will often happen very quickly, within a few minutes of exposure to the allergen, but sometimes may take several hours.

In severe cases, there is a sudden drop in blood pressure and narrowing of the airways, which will lead to difficult and wheezy breathing. This makes the reaction potentially life threatening.



"Natasha's Law"

Natasha from Fulham in London died after suffering a severe reaction on a flight between London and Nice in 2016, after unknowingly eating sesame, in an artichoke, olive and tapenade sandwich from Pret a Manger at Heathrow Airport.



Since October 2021, food labelling has changed on "Pre-packaged" foods to display the 14 most common allergens that are in that item which may cause an allergic reaction.



UNPACKAGED foods or foods made to order, do not have to show labelling, such as a croissant from the bakery in a supermarket or a sandwich made for you in a sandwich shop.

The 14 Legally Required Food Labelling Allergens



CRUSTACEAN



SESAME



NUTS



GLUTEN



EGG



FISH



SHELLFISH



MUSTARD



CELERY



PEANUTS



MILK



SULPHITE



SOYA



LUPINS



There are lots of possible symptoms which might appear in any combination, including -

Airway obstructions, such as

- swelling of the lips, mouth & throat,
- difficulty in swallowing or speaking

Breathing difficulties, including

- shortness of breath
- wheezing
- severe asthma



Circulation problems, such as

- feeling faint & weak (drop in blood pressure)
- collapse and unconsciousness

Other symptoms might include

- Abdominal pain, feeling or being sick
- Itchy flushed skin
- Nettle like rash or hives

- Remove the trigger if possible
- Dial 999 for an ambulance
- If the casualty is having difficulty breathing, keep them sat upright
- If the casualty is not having breathing difficulties, lay them down and raise their legs
- If the casualty stops responding, use **YOUR EMERGENCY PLAN**



Usually the casualty will be able to use an AAI themselves but if they are having difficulty you can help them to use it.

- Try to make a note of the time the AAI was given.
- An ambulance should be called whenever an AAI has been used, even if symptoms are improving.
- If there has been no improvement after five minutes you can give another dose if available .
- If the person is becoming worse, make a further 999 call to update the emergency services.

