

## ALLERGIC REACTIONS

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Allergic reaction is called **anaphylaxis**. This occurs when a substance enters a person's body that the person is very sensitive to and may not be able to handle. As soon as the casualty's body reacts to a foreign substance the worse the reaction may

<b>Early signs and symptoms of anaphylaxis</b>	<b>More serious signs of anaphylaxis</b>
Itchy, flushed skin, raised skin rash (hives)	Pale skin
Sneezing, runny nose, watery eyes	Anxiety and headaches
Swelling of the airway	Wheezing, chest feels like its being squeezed
A lump or tickle in the throat that won't go away	Breathing difficulties, coughing
Sense of impending doom	Hock-wrist pulse may be had to find
Nausea and vomiting	Swelling of the lips, tongue, throat, hands and feet
Unconsciousness, stopped breathing, stopped heart (cardiac arrest)	

### First aid for a severe allergic reaction:

- ESM (scene survey) and a primary survey and send for medical help.
- Place casualty in the most comfortable position for breathing i.e. sitting upright.
- Help person take any prescribed medications if they are carrying them with them.
- Keep giving care until medical helps arrives. Try to be comforting to avoid any unnecessary anxiety to avoid any shock.