

Name.....

Known Allergens.....

Emergency Contact details..... 

Mild/Moderate Reaction

- Hives (raised, red itchy rash)
- Itchy/tingling lips, mouth or tongue
- Swollen lips, face, or eyelids
- Abdominal pain or vomiting

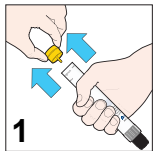
Action to take

- **Take**

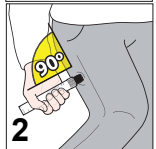
non-sedating antihistamine(s)

- Take a second dose if you have vomited, or are no better after 30 minutes
- Be prepared to use your adrenaline auto-injector.

How to give JEXT®



Grasp the Jext injector in your dominant hand (the one you use to write with) with your thumb closest to the yellow cap. Pull off the yellow cap with your other hand.



Place the black injector tip against your outer thigh, holding the injector at a right angle (approx 90°) to the thigh.



Push the black tip firmly into your outer thigh until you hear a 'click' confirming the injection has started, then keep it pushed in. Hold the injector firmly in place against the thigh for 10 seconds (a slow count to 10) then remove. The black tip will extend automatically and hide the needle.



Massage the injection area for 10 seconds. Seek immediate medical help. Dial 999, ask for ambulance, state anaphylaxis.

Watch for signs of ANAPHYLAXIS

(life-threatening allergic reaction)

Anaphylaxis may occur without skin symptoms: ALWAYS consider that you might be having anaphylaxis if you develop **SUDDEN BREATHING DIFFICULTY**

A AIRWAY

- Swelling in throat, tongue or upper airway
- Difficulty in swallowing

B BREATHING

- Sudden onset wheezing
- Breathing difficulty
- Noisy breathing

C CIRCULATION

- Dizziness, feeling faint
- Sudden sleepiness, tiredness, confusion
- Pale clammy skin
- Loss of consciousness

IF YOU HAVE ANY OF THESE SIGNS OF ANAPHYLAXIS:

- 1 Lie flat with your legs raised (if breathing is difficult, you may sit up)



- 2 Use your Adrenaline auto-injector without delay (eg. Jext®)

- 3 Dial 999 for ambulance and say ANAPHYLAXIS ("ANA-FIL-AX-IS")

AFTER GIVING ADRENALINE:

1. Stay lying flat or sitting up until ambulance arrives, **do NOT stand up.**
2. If you are no better after 5 minutes, give yourself a further adrenaline dose using a second auto-injectable device, if available.

You can dial 999 from any phone, even if there is no credit left on a mobile. Medical observation in hospital is recommended after anaphylaxis.

- Always carry your adrenaline auto-injector(s) with you
- Check the expiry date regularly on your adrenaline auto-injectors
- Practise how to use your pen with a trainer device
- Download the JEXT® app

This medical document can only be completed by a suitably trained healthcare professional. It should not be edited after completion. A new document should be completed if changes are needed, and only with a trained healthcare professional's recommendation. During travel, adrenaline auto-injector devices must be carried in hand luggage or on the person, and **NOT** in the luggage hold.

This action plan and authorisation to travel with emergency medications has been prepared by:

Sign & print name

Hospital/Clinic

Contact details Date.....