

First Aid for Allergic Shock (Anaphylaxis)



Moderate reaction

Skin

- swelling
- rash



Digestion

- nausea
- vomiting
- stomach cramps
- diarrhoea








Eyes, nose

- runny or congested nose
- sneezing
- inflamed eyes



Measures

1. Remove allergy trigger where possible (spit out food, remove sting)
2. Administer medication from the emergency kit:
 - antihistamines 
 - cortisone 
 - asthma medication in cases of shortness of breath 
3. The patient should sit or lie down 
4. If there is no improvement, call the emergency services: Switzerland 144 / EU 112 



Severe reaction (anaphylaxis)

Airways

- anxiety
- tightness in the chest
- shortness of breath



- cough
- asthma
- difficulty speaking



and/or





Circulation

- shock
- loss of consciousness



Or two or more of the moderate reactions

Measures

1. Remove allergy trigger where possible (spit out food, remove sting)
2. Administer adrenaline prefilled syringe:
 - Firmly grip the prefilled syringe with one hand.
 - Direct the tip of the prefilled syringe downwards.
 - Remove the safety cap with the other hand.
 - Hold the leg still.
 - Position the prefilled syringe at a right angle to the side of the thigh (with or without clothing).
 - Firmly press the prefilled syringe against the thigh to activate it.
 - An audible click signals that the needle has been released.
 - Hold the prefilled syringe in this position for at least 5 seconds.
3. The patient should sit if experiencing shortness of breath or should be placed on their side in the recovery position if unconscious 
4. Call the emergency services 
5. Use asthma medication in cases of shortness of breath 
6. Also administer antihistamines (and cortisone) 





Reanimation



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