



PLEASE ENTER NAME OF CHURCH OR ORGANISATION

## Anaphylaxis Explained

### General information

Anaphylaxis is a severe and sudden allergic reaction. It occurs when a susceptible person is exposed to a specific allergen (such as a food or insect sting). Reactions usually begin within minutes of exposure and can progress rapidly over a period of up to two hours or more.

Anaphylaxis is potentially life threatening and always requires an emergency response. Anaphylaxis can occur at any age, but is most common in children and young adults.

Anaphylaxis may be triggered by foods such as peanuts, tree nuts, eggs, wheat, cow's milk, soy and seafood. Other substances that can trigger severe allergic reactions include medications (especially antibiotics), bee and other insect stings.

### When a child with severe allergies registers in your program

If a child or young person identifies that they have severe allergies on their ministry registration form, it is important that you discuss the allergy with the child or young person's parent, including:

- Triggers for the allergy
- Medication used to address allergy
- Action Plan in the case of anaphylaxis
- Details of child or young person's general practitioner
- Strategies that may be useful in avoiding exposure to known allergens

It is also important that leaders working with the child or young person have been briefed on the above information and the appropriate use of the EpiPen<sup>®</sup> in case of anaphylaxis.

### More information

More detailed information on anaphylaxis and strategies to avoid exposure to allergens may be obtained from **Anaphylaxis Factsheet** West Australian Department of Health

[http://www.health.wa.gov.au/docreg/Education/Population/Child\\_Health/Illnesses\\_and\\_Health\\_Problems/Anaphylaxis\\_factsheet.pdf](http://www.health.wa.gov.au/docreg/Education/Population/Child_Health/Illnesses_and_Health_Problems/Anaphylaxis_factsheet.pdf)

A general **Action Plan for Anaphylaxis** is included in this **Implementation Pack** and is also available from **Action Plan for Anaphylaxis**, ASCIA.

<http://www.allergy.org.au/content/view/341/279/>

If you have any concerns about identifying or responding to severe allergic reactions, please contact **The Australasian Society of Clinical Immunology and Allergy (ASCIA)**

Email: [education@allergy.org.au](mailto:education@allergy.org.au).

**In the case of an emergency ring 000 immediately.**