

Basic Life Support for a Baby or Child

Take these steps if your child / baby stops breathing and becomes unresponsive.

- Check for Responsiveness by
 - 1 Calling Their Name
 - 2 Tapping Their Foot
 - 3 Shouting for Help
- Open the airway by tilting the head and lifting the chin
- Look, listen and feel for breathing for 10 seconds
- If there are no signs of adequate breathing
- Give 5 rescue breaths
- Begin chest compressions
Give 30 pushes followed by
2 Breaths
Count Out Loud

After 3 Cycles or 1 Minute of CPR
Call 999 / 112

Restart CPR if there is no breathing or signs of life

Remember

- ➔ Make sure your child's medicine and pen is with them at all times
- ➔ Your child should wear their medication alert at all times
- ➔ Check the expiry dates on your medicines and pen every month
- ➔ Tell others who care for your child what to do in an emergency and what to avoid
- ➔ Tell your child's school / creche what to do in an emergency

The pens are for single use only and can not be reused.

Bring the used pen with you to the hospital.

Websites

www.ifan.ie
www.irishanaphylaxis.org
www.anaphylaxis.co.uk
www.jext.ie

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Anaphylaxis Epipen Information for Patients, Parents and Carers



Child's Name _____
Phone Number _____
Allergy to _____

Main Hospital Number

01 878 4200



Anaphylaxis is a dangerous type of allergic reaction. There are many causes such as nuts, food types, insect bites, or medicines.

Your doctor may have tested your child and spoken to you about the importance of avoiding certain allergens

Signs of Anaphylaxis

Mild - Reaction

- Swelling and itching of the face, eyes and lips
- Tingling in the mouth
- Redness in the face
- Hives, wheals, itching skin or rash nausea, vomiting or abdominal pain

What to Do - Mild Reaction

Give your child the antihistamine medicine _____ as advised by your doctor.

Stay with your child.

Watch your child for signs of improvement or disimprovement .

Have your child's adrenaline pen to hand in case it's needed.

If there is no improvement or you have used your pen bring your child to your GP, nearest Emergency Department or call 112 / 999.

Severe Reactions

- Swelling of the tongue, lips and / or throat
- Noisy breathing and / or wheezing
- Breathlessness, hoarseness or difficulty talking
- Loss of colour, pale
- Skin feels cold or clammy
- Confusion or agitation
- Collapse/ Unconsciousness
- Respiratory Arrest
- Cardiac Arrest

There may be other signs not listed that are specific to your child

What to Do - Severe Reaction

Give the injection as instructed

Call 999 /112 and wait for instruction

Stay with your child and watch for signs of improvement or disimprovement.

Your child should feel better after using the pen but symptoms can return and you may be advised to give a second injection.

Anyone who has had a severe reaction should be brought to hospital to be examined even if there has been an improvement after using the pen.

Using Your Epipen

1. Grasp the Epipen in the hand you write with, your thumb nearest blue cap and form a fist around unit



2. Remove the blue safety cap with your other hand



3. Hold Epipen at distance of approx. 10cm away from outer thigh
4. Push Epipen firmly into outer thigh, and hold firmly against thigh for 10 seconds, then remove



5. Massage the injection site for 10 seconds and seek medical help