

## ANAPHYLAXIS POLICY

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ELAA acknowledges the contribution of the Department of Allergy and Immunology at The Royal Children's Hospital Melbourne, Allergy & Anaphylaxis Australia Inc. and Department of Education and Training (DET) in the development of this policy.

### PURPOSE

This policy will provide guidelines to:

- minimise the risk of allergic reaction resulting in anaphylaxis occurring while children are in the care of Home Road Kindergarten
- ensure that service staff respond appropriately to anaphylaxis by following the child's ASCIA action plan for anaphylaxis
- raise awareness of anaphylaxis and its management amongst all at the service through education and policy implementation.

This policy should be read in conjunction with the *Dealing with Medical Conditions Policy*.

### POLICY STATEMENT

#### 1. VALUES

Home Road Kindergarten:

- acknowledges the Boonwurrung people of the Kulin nation as the traditional owners and custodians of the land on which the kindergarten is located and pays respect to elders past present and emerging
- believes that the safety and wellbeing of children who are at risk of anaphylaxis is a whole-of-community responsibility,

and is committed to:

- being an inclusive learning environment that welcomes, supports and celebrates all children and families
- providing a safe and healthy environment in which children at risk of anaphylaxis can participate fully in all aspects of the program
- raising awareness of families, staff, children and others attending the service about allergies and anaphylaxis
- actively involving the parents/guardians of each child at risk of anaphylaxis in assessing risks, and in developing risk minimisation and risk management strategies for their child
- ensuring all staff members and other adults at the service have adequate knowledge of allergies, anaphylaxis and emergency procedures
- facilitating communication to ensure the safety and wellbeing of children at risk of anaphylaxis.

#### 2. SCOPE

This policy applies to the Approved Provider, Persons with Management or Control, Nominated Supervisor, Persons in Day to Day Charge, educators, staff, students on placement, volunteers, parents/guardians, children and others attending the programs and activities of .Home Road Kindergarten. This policy will apply regardless of whether a child diagnosed by a registered medical practitioner as being at risk of anaphylaxis is enrolled at the service.

#### 3. BACKGROUND AND LEGISLATION

##### Background

Anaphylaxis is a severe and potentially life-threatening allergic reaction. Up to two per cent of the general population and up to ten per cent of children are at risk. The most common causes of allergic reaction in young children are eggs, peanuts, tree nuts, cow's milk, fish, shellfish, soy, wheat and sesame, bee or other insect stings, and some medications. A reaction can develop within minutes of exposure to the allergen and young children may not be able to identify or articulate the symptoms of anaphylaxis. With planning and training, a reaction can be treated effectively by using an adrenaline autoinjector, often called an EpiPen® or an Anapen®.

In any service that is open to the general community it is not possible to achieve a completely allergen-free environment. A range of procedures and risk minimisation strategies, including strategies to minimise the presence of allergens in the service, can reduce the risk of anaphylactic reactions.

Legislation that governs the operation of approved children's services is based on the health, safety and welfare of children, and requires that children are protected from hazards and harm. The Approved Provider will ensure that there is at least one educator on duty at all times who has current approved anaphylaxis management training in accordance with the *Education and Care Services National Regulations 2011* (Regulation 136(1) (b)). As a demonstration of duty of care and best practice, ELAA recommends all educators have current approved anaphylaxis management training (refer to *Definitions*).

Approved anaphylaxis management training is listed on the ACECQA website (refer to *Sources*).

### Legislation and standards

Relevant legislation and standards include but are not limited to:

- *Education and Care Services National Law Act 2010*: Sections 167, 169
- *Education and Care Services National Regulations 2011*: Regulations 90–96, 102, 136, 137, 146, 147, 160–162, 168(2)(d), 173, 177, 181, 183, 184.
- *Health Records Act 2001* (Vic)
- *National Quality Standard*, Quality Area 2: Children's Health and Safety
- *Occupational Health and Safety Act 2004* (Vic)
- *Privacy and Data Protection Act 2014* (Vic)
- *Privacy Act 1988* (Cth)
- *Public Health and Wellbeing Act 2008* (Vic)
- *Public Health and Wellbeing Regulations 2009* (Vic)

The most current amendments to listed legislation can be found at:

Victorian Legislation – Victorian Law Today: <http://www.legislation.vic.gov.au/>

Commonwealth Legislation – ComLaw: <http://www.comlaw.gov.au/>

## 4. DEFINITIONS

The terms defined in this section relate specifically to this policy. For commonly used terms e.g. Approved Provider, Nominated Supervisor, Regulatory Authority etc. refer to the *General Definitions* section of this manual.

**Adrenaline autoinjector:** An intramuscular injection device containing a single dose of adrenaline designed to be administered by people who are not medically trained. This device is commonly called an EpiPen® or an Anapen®. As EpiPen® and Anapen® products have different administration techniques, only one brand should be prescribed per individual and their ASCIA action plan for anaphylaxis (refer to *Definitions*) must be specific for the brand they have been prescribed.

Used adrenaline autoinjectors should be placed in a rigid sharps disposal unit or another rigid container if a sharps container is not available.

**Adrenaline autoinjector kit:** An insulated container with an unused, in-date adrenaline autoinjector, a copy of the child's ASCIA action plan for anaphylaxis, and telephone contact details for the child's parents/guardians, doctor/medical personnel and the person to be notified in the event of a reaction if the parents/guardians cannot be contacted. If prescribed, an antihistamine should also be included in the kit. Autoinjectors must be stored away from direct heat and cold.

**Allergen:** A substance that can cause an allergic reaction.

**Allergy:** An immune system response to something in the environment which is usually harmless, e.g.: food, pollen, dust mite. These can be ingested, inhaled, injected or absorbed.

**Allergic reaction:** A reaction to an allergen. Common signs and symptoms include one or more of the following:

- **Mild to moderate signs & symptoms:**
  - o hives or welts
  - o tingling mouth
  - o swelling of the face, lips & eyes
  - o abdominal pain, vomiting and/or diarrhoea are mild to moderate symptoms; however, these are severe reactions to insects.
- **Signs & symptoms of anaphylaxis are:**
  - o difficult/noisy breathing
  - o swelling of the tongue
  - o swelling/tightness in the throat
  - o difficulty talking and/or hoarse voice
  - o wheeze or persistent cough
  - o persistent dizziness or collapse (child pale or floppy).

**Anapen®:** A type of adrenaline autoinjector (refer to *Definitions*) containing a single dose of adrenaline. The administration technique in an Anapen® is different to that of the EpiPen®. Two strengths are available: an Anapen® and an Anapen Jr®, and each is prescribed according to a child's weight. The Anapen Jr® is recommended for a child weighing 10–20kg. An AnaPen® is recommended for use when a child weighs more than 20kg. The child's ASCIA action plan for anaphylaxis (refer to *Definitions*) must be specific for the brand they have been prescribed.

**Anaphylaxis:** A severe, rapid and potentially life-threatening allergic reaction that affects normal functioning of the major body systems, particularly the respiratory (breathing) and/or circulation systems.

**Anaphylaxis management training:** Training that includes recognition of allergic reactions; strategies for risk minimisation and risk management; procedures for emergency treatment; and that facilitates practice in the administration of treatment using an adrenaline autoinjector (refer to *Definitions*) trainer. Approved training is listed on the ACECQA website (refer to *Sources*).

**Approved anaphylaxis management training:** Training that is approved by the National Authority in accordance with Regulation 137(e) of the *Education and Care Services National Regulations 2011*, and is listed on the ACECQA website (refer to *Sources*).

**ASCIA action plan for anaphylaxis:** An individual medical management plan prepared and signed by the child's treating, registered medical practitioner that provides the child's name and confirmed allergies, a photograph of the child, a description of the prescribed anaphylaxis medication for that child and clear instructions on treating an anaphylactic episode. The plan must be specific for the brand of autoinjector prescribed for each child. Examples of plans specific to different adrenaline autoinjector brands are available for download on the Australasian Society of Clinical Immunology and Allergy (ASCIA) website:

[www.allergy.org.au/health-professionals/anaphylaxis-resources/ascia-action-plan-for-anaphylaxis](http://www.allergy.org.au/health-professionals/anaphylaxis-resources/ascia-action-plan-for-anaphylaxis)

**At risk child:** A child whose allergies have been medically diagnosed and who is at risk of anaphylaxis.

**AV How to Call Card:** A card that the service has completed containing all the information that Ambulance Victoria will request when phoned on 000. Once completed, this card should be kept within easy access of all service telephone/s. A sample card can be downloaded from:

<http://www.ambulance.vic.gov.au/Education/Calling-Triple-0.html>

**Communication plan:** A plan that forms part of the policy outlining how the service will communicate with parents/guardians and staff in relation to the policy. The communication plan also describes how parents/guardians and staff will be informed about risk minimisation plans and emergency procedures to be followed when a child diagnosed as at risk of anaphylaxis is enrolled at a service. The communication plan forms part of the risk minimisation plan at Home Road Kindergarten.

**Duty of care:** A common law concept that refers to the responsibilities of organisations to provide people with an adequate level of protection against harm and all reasonably foreseeable risk of injury.

**Epipen®:** A type of adrenaline autoinjector (refer to *Definitions*) containing a single dose of adrenaline which is delivered via a spring-activated needle that is concealed until administration is required. Two strengths are available: an Epipen® and an Epipen Jr®, and each is prescribed according to a child's weight. The Epipen Jr® is recommended for a child weighing 10–20kg. An Epipen® is recommended for use when a child weighs more than 20kg. The child's ASCIA action plan for anaphylaxis (refer to *Definitions*) must be specific for the brand they have been prescribed.

**First aid management of anaphylaxis course:** Accredited training in first aid management of anaphylaxis including competency in the use of an adrenaline autoinjector.

**Intolerance:** Often confused with allergy, intolerance is an adverse reaction to ingested foods or chemicals experienced by the body but not involving the immune system.

**No food sharing:** A rule/practice in which a child at risk of anaphylaxis only eats food that is supplied/permitted by their parents/guardians and does not share food with, or accept food from, any other person.

**Nominated staff member:** (In relation to this policy) a staff member (the child's teacher) nominated to be the liaison between parents/guardians of a child at risk of anaphylaxis and the Approved Provider. This person also checks regularly to ensure that the adrenaline autoinjector kit is complete and that the device itself is unused and in date, and leads practice sessions for staff who have undertaken anaphylaxis management training.

**Risk minimisation:** The practice of developing and implementing a range of strategies to reduce hazards for a child at risk of anaphylaxis, by removing, as far as is practicable, major allergen sources from the service.

**Risk minimisation plan:** A service-specific plan that documents a child's allergy, practical strategies to minimise risk of exposure to allergens at the service and details of the person/s responsible for implementing these strategies. A risk minimisation plan should be developed by the Approved Provider/Nominated Supervisor in consultation with the parents/guardians of the child at risk of anaphylaxis and service staff. The plan should be developed upon a child's enrolment or initial diagnosis, and reviewed at least annually and always on re-enrolment. A sample risk minimisation plan is provided as Attachment 3.

**Staff record:** A record which the Approved Provider of a centre-based service must keep containing information about the Nominated Supervisor, staff, volunteers and students at a service, as set out under Division 9 of the National Regulations.

## 5. SOURCES AND RELATED POLICIES

### Sources

- ACECQA provides lists of approved first aid training, approved emergency asthma management training and approved anaphylaxis management training on their website: <http://acecqa.gov.au/qualifications/requirements/first-aid-qualifications-training>
- Allergy & Anaphylaxis Australia Inc. is a not-for-profit support organisation for families of children with food-related anaphylaxis. Resources include a telephone support line and items available for sale including storybooks, and Epipen® trainers: [www.allergyfacts.org.au](http://www.allergyfacts.org.au)
- Australasian Society of Clinical Immunology and Allergy (ASCIA): [www.allergy.org.au](http://www.allergy.org.au) provides information and resources on allergies. Action plans for anaphylaxis can be downloaded from this site. Also available is a procedure for the First Aid Treatment for anaphylaxis (refer to Attachment 4). Contact details of clinical immunologists and allergy specialists are also provided.
- Department of Education and Training (DET) provides information related to anaphylaxis and anaphylaxis training: <http://www.education.vic.gov.au/childhood/providers/regulation/Pages/anaphylaxis.aspx> <http://www.education.vic.gov.au/childhood/providers/regulation/Pages/anaphylaxis.aspx>
- Department of Allergy and Immunology at The Royal Children's Hospital Melbourne ([www.rch.org.au/allergy](http://www.rch.org.au/allergy)) provides information about allergies and services available at the hospital. This department can evaluate a child's allergies and provide an adrenaline autoinjector prescription. Kids Health Info fact sheets are also available from the website, including the following:
  - *Allergic and anaphylactic reactions* (July 2019): [https://www.rch.org.au/kidsinfo/fact\\_sheets/Allergic\\_and\\_anaphylactic\\_reactions/](https://www.rch.org.au/kidsinfo/fact_sheets/Allergic_and_anaphylactic_reactions/)

The Royal Children's Hospital has been contracted by the Department of Education and Training (DET) to provide an Anaphylaxis Advice & Support Line to central and regional DET staff, school principals and representatives, school staff, children's services staff and parents/guardians wanting support. The Anaphylaxis Advice & Support Line can be contacted on 1300 725 911 or 9345 4235, or by email: [carol.whitehead@rch.org.au](mailto:carol.whitehead@rch.org.au)

### Service policies

- *Administration of First Aid Policy*
- *Administration of Medication Policy*
- *Asthma Policy*
- *Dealing with Medical Conditions Policy*
- *Diabetes Policy*
- *Enrolment and Orientation Policy*
- *Excursions and Service Events Policy*
- *Food Safety Policy*
- *Hygiene Policy*
- *Incident, Injury, Trauma and Illness Policy*
- *Inclusion and Equity Policy*
- *Nutrition Oral Health and Active Play Policy*
- *Privacy and Confidentiality Policy*
- *Supervision of Children Policy*

## PROCEDURES

### The Approved Provider or Persons with Management and Control is responsible for:

- ensuring that an anaphylaxis policy, which meets legislative requirements and includes a risk minimisation and communication plan (refer to Attachment 3), is developed and displayed at the service, and reviewed regularly
- providing approved anaphylaxis management training (refer to *Definitions*) to staff as required under the National Regulations
- ensuring that at least one educator with current approved anaphylaxis management training (refer to *Definitions*) is in attendance and immediately available at all times the service is in operation (Regulations 136, 137)
- ensuring the Nominated Supervisor, educators, staff members, students and volunteers at the service are provided with a copy of the *Anaphylaxis Policy* and the *Dealing with Medical Conditions Policy*
- ensuring parents/guardians and others at the service are provided with a copy of the *Anaphylaxis Policy* and the *Dealing with Medical Conditions Policy* (Regulation 91)
- ensuring that staff practice administration of treatment for anaphylaxis using an adrenaline autoinjector trainer at least annually, and preferably quarterly, and that participation is documented on the staff record
- ensuring the details of approved anaphylaxis management training (refer to *Definitions*) are included on the staff record (refer to *Definitions*), including details of training in the use of an autoinjector (Regulations 145, 146, 147)
- ensuring that parents/guardians or a person authorised in the enrolment record provide written consent to the medical treatment or ambulance transportation of a child in the event of an emergency (Regulation 161), and that this authorisation is kept in the enrolment record for each child
- ensuring that parents/guardians or a person authorised in the child's enrolment record provide written authorisation for excursions outside the service premises (Regulation 102) (refer to *Excursions and Service Events Policy*)
- identifying children at risk of anaphylaxis during the enrolment process and informing staff
- following appropriate reporting procedures set out in the *Incident, Injury, Trauma and Illness Policy* in the event that a child is ill, or is involved in a medical emergency or an incident at the service that results in injury or trauma.

**In services where a child diagnosed as at risk of anaphylaxis is enrolled, the Approved Provider is also responsible for:**

- displaying a notice prominently at the service stating that a child diagnosed as at risk of anaphylaxis is being cared for and/or educated by the service (Regulation 173(2)(f))
- ensuring the *Enrolment checklist for children diagnosed as at risk of anaphylaxis* (refer to Attachment 2) is completed
- ensuring an ASCIA action plan for anaphylaxis, risk management plan (refer to Attachment 3) and communication plan are developed for each child at the service who has been medically diagnosed as at risk of anaphylaxis, in consultation with that child's parents/guardians and with a registered medical practitioner (Attachment 3)
- ensuring that all children diagnosed as at risk of anaphylaxis have details of their allergy, their ASCIA action plan for anaphylaxis and their risk minimisation plan filed with their enrolment record (Regulation 162)
- ensuring a medication record is kept for each child to whom medication is to be administered by the service (Regulation 92)
- ensuring parents/guardians of all children at risk of anaphylaxis provide an unused, in-date adrenaline autoinjector at all times their child is attending the service. Where this is not provided, children will be unable to attend the service
- ensuring that the child's ASCIA action plan for anaphylaxis is specific to the brand of adrenaline autoinjector prescribed by the child's medical practitioner
- implementing a procedure for first aid treatment for anaphylaxis consistent with current national recommendations (refer to Attachment 4) and ensuring all staff are aware of the procedure
- ensuring adequate provision and maintenance of adrenaline autoinjector kits (refer to *Definitions*)
- ensuring the expiry date of the adrenaline autoinjector is checked regularly and replaced when required and the liquid in the EpiPen/EpiPen Jnr is clear
- ensuring that a sharps disposal unit is available at the service for the safe disposal of used adrenaline autoinjectors
- implementing a communication plan (forming part of the risk minimisation plan) and encouraging ongoing communication between parents/guardians and staff regarding the current status of the child's allergies, this policy and its implementation (Regulation 90 (c) (iv A-B))
- identifying and minimising allergens (refer to *Definitions*) at the service, where possible
- ensuring measures are in place to prevent cross-contamination of any food given to children diagnosed as at risk of anaphylaxis (refer to *Nutrition Oral Health and Active Play Policy* and *Food Safety Policy*)
- ensuring that children at risk of anaphylaxis are not discriminated against in any way
- ensuring that children at risk of anaphylaxis can participate in all activities safely and to their full potential
- immediately communicating any concerns with parents/guardians regarding the management of children diagnosed as at risk of anaphylaxis attending the service
- ensuring that medication is not administered to a child at the service unless it has been authorised and administered in accordance with Regulations 95 and 96 (refer to *Administration of Medication Policy* and *Dealing with Medical Conditions Policy*)
- ensuring that parents/guardians of a child and emergency services are notified as soon as is practicable if medication has been administered to that child in an anaphylaxis emergency without authorisation from a parent/guardian or authorised nominee (Regulation 94)
- ensuring that a medication record is kept that includes all details required by Regulation 92(3) for each child to whom medication is to be administered
- ensuring that written notice is given to a parent/guardian as soon as is practicable if medication is administered to a child in the case of an emergency
- responding to complaints and notifying Department of Education and Training, in writing and within 24 hours, of any incident or complaint in which the health, safety or wellbeing of a child may have been at risk
- displaying the Australasian Society of Clinical Immunology and Allergy (ASCIA) (refer to *Sources*) generic poster *Action Plan for Anaphylaxis* in key locations at the service
- displaying Ambulance Victoria's *AV How to Call Card* (refer to *Definitions*) near all service telephones

- complying with the risk minimisation procedures outlined in Attachment 1
- ensuring that educators/staff who accompany children at risk of anaphylaxis outside the service carry a fully equipped adrenaline autoinjector kit (refer to *Definitions*) along with the ASCIA action plan for anaphylaxis for each child diagnosed as at risk of anaphylaxis.

### **Risk assessment**

The National Law and National Regulations do not require a service to maintain a stock of adrenaline autoinjectors at the service premises to use in an emergency. However, ELAA recommends that the Approved Provider undertakes a risk assessment in consultation with the Nominated Supervisor and other educators, to inform a decision on whether the service should carry its own supply of these devices. This decision will also be informed by considerations such as distance to the nearest medical facility and response times required for ambulance services to reach the service premises etc.

If the Approved Provider decides that the service should maintain its own supply of adrenaline autoinjectors, it is the responsibility of the Approved Provider to ensure that:

- adequate stock of the adrenaline autoinjector is on hand, and that it is unused and in date
- appropriate procedures are in place to define the specific circumstances under which the device supplied by the service will be used
- the autoinjector is administered in accordance with the written instructions provided on it and with the generic ASCIA action plan for anaphylaxis
- the service follows the procedures outlined in the *Administration of Medication Policy*, which explains the steps to follow when medication is administered to a child in an emergency
- parents/guardians are informed that the service maintains a supply of adrenaline autoinjectors, of the brand that the service carries and of the procedures for the use of these devices in an emergency.

### **The Nominated Supervisor or Person in Day to Day Control is responsible for:**

- ensuring the *Enrolment checklist for children diagnosed as at risk of anaphylaxis* (refer to Attachment 2) is completed
- ensuring that all educators' approved first aid qualifications, anaphylaxis management training and emergency asthma management training are current, meet the requirements of the National Act (Section 169(4)) and National Regulations (Regulation 137), and are approved by ACECQA (refer to *Sources*)
- ensuring that medication is not administered to a child at the service unless it has been authorised and administered in accordance with Regulations 95 and 96 (refer to *Administration of Medication Policy* and *Dealing with Medical Conditions Policy*)
- ensuring that parents/guardians of a child and emergency services are notified as soon as is practicable if medication has been administered to that child in an anaphylaxis emergency without authorisation from a parent/guardian or authorised nominee (Regulation 94)
- ensuring educators and staff are aware of the procedures for first aid treatment for anaphylaxis (refer to Attachment 4)
- ensuring an adrenaline autoinjector kit (refer to *Definitions*) is taken on all excursions and other offsite activities (refer to *Excursions and Service Events Policy*)
- compiling a list of children at risk of anaphylaxis and placing it in a secure but readily accessible location known to all staff. This should include the ASCIA action plan for anaphylaxis for each child kept with medication.
- ensuring that all staff, including casual and relief staff, are aware of children diagnosed as at risk of anaphylaxis, their allergies and symptoms, and the location of their adrenaline autoinjector kits and ASCIA action plans for anaphylaxis
- ensuring measures are in place to prevent cross-contamination of any food given to children diagnosed as at risk of anaphylaxis (refer to *Nutrition Oral Health and Active Play Policy* and *Food Safety Policy*)
- organising anaphylaxis management information sessions for parents/guardians of children enrolled at the service, where appropriate
- ensuring that all persons involved in the program, including parents/guardians, volunteers and students on placement are aware of children diagnosed as at risk of anaphylaxis

- ensuring programmed activities and experiences take into consideration the individual needs of all children, including children diagnosed as at risk of anaphylaxis
- following the child's ASCIAS action plan for anaphylaxis in the event of an allergic reaction, which may progress to an anaphylactic episode
- practising the administration of an adrenaline autoinjector using an autoinjector trainer and 'anaphylaxis scenarios' on a regular basis, at least annually and preferably quarterly
- ensuring staff dispose of used adrenaline autoinjectors appropriately in the sharps disposal unit provided at the service by the Approved Provider
- ensuring that the adrenaline autoinjector kit is stored in a location that is known to all staff, including casual and relief staff, is easily accessible to adults both indoors and outdoors (not locked away) but inaccessible to children, and away from direct sources of heat and cold
- ensuring that parents/guardians or an authorised person named in the child's enrolment record provide written authorisation for children to attend excursions outside the service premises (Regulation 102) (refer to *Excursions and Service Events Policy*)
- providing information to the service community about resources and support for managing allergies and anaphylaxis
- complying with the risk minimisation procedures outlined in Attachment 1.

**Educators and other staff are responsible for:**

- reading and complying with the *Anaphylaxis Policy* and the *Dealing with Medical Conditions Policy*
- maintaining current approved anaphylaxis management qualifications (refer to *Definitions*)
- practising the administration of an adrenaline autoinjector using an autoinjector trainer and 'anaphylaxis scenarios' on a regular basis, at least annually and preferably quarterly
- ensuring they are aware of the procedures for first aid treatment for anaphylaxis (refer to Attachment 4)
- completing the *Enrolment checklist for children diagnosed as at risk of anaphylaxis* (refer to Attachment 2) with parents/guardians
- knowing which children are diagnosed as at risk of anaphylaxis, their allergies and symptoms, and the location of their adrenaline autoinjector kits and medical management action plans
- identifying and, where possible, minimising exposure to allergens (refer to *Definitions*) at the service
- following procedures to prevent the cross-contamination of any food given to children diagnosed as at risk of anaphylaxis (refer to *Nutrition Oral Health and Active Play Policy* and *Food Safety Policy*)
- assisting with the development of a risk minimisation plan (refer to Attachment 3) for children diagnosed as at risk of anaphylaxis at the service
- following the child's ASCIA action plan for anaphylaxis in the event of an allergic reaction, which may progress to an anaphylactic episode
- disposing of used adrenaline autoinjectors in the sharps disposal unit provided at the service by the Approved Provider
- following appropriate first aid procedures in the event that a child who has not been diagnosed as at risk of anaphylaxis appears to be having an anaphylactic episode (refer to Attachment 4)
- informing the Approved Provider and the child's parents/guardians following an anaphylactic episode
- taking the adrenaline autoinjector kit (refer to *Definitions*) for each child at risk of anaphylaxis on excursions or to other offsite service events and activities
- providing information to the service community about resources and support for managing allergies and anaphylaxis
- complying with the risk minimisation procedures outlined in Attachment 1
- contacting parents/guardians immediately if an unused, in-date adrenaline autoinjector has not been provided to the service for a child diagnosed as at risk of anaphylaxis. Where this is not provided, children will be unable to attend the service
- discussing with parents/guardians the requirements for completing the enrolment form and medication record for their child
- consulting with the parents/guardians of children diagnosed as at risk of anaphylaxis in relation to the health and safety of their child, and communicating any concerns



- ensuring that children diagnosed as at risk of anaphylaxis are not discriminated against in any way and are able to participate fully in all activities.

**Parents/guardians of a child at risk of anaphylaxis are responsible for:**

- informing staff, either on enrolment or on initial diagnosis, of their child's allergies
- completing all details on the child's enrolment form, including medical information and written authorisations for medical treatment, ambulance transportation and excursions outside the service premises
- assisting the Approved Provider and staff to develop an anaphylaxis risk minimisation plan (refer to Attachment 3)
- providing staff with an ASCIA action plan (the most current version in colour copy) for anaphylaxis signed by a registered medical practitioner and with written consent to use medication prescribed in line with this action plan
- providing staff with an unused, in-date and complete adrenaline autoinjector kit
- ensuring that the child's ASCIA action plan for anaphylaxis is specific to the brand of adrenaline autoinjector prescribed by the child's medical practitioner
- regularly checking the adrenaline autoinjector's expiry date and colour of EpiPen adrenaline
- assisting staff by providing information and answering questions regarding their child's allergies
- notifying staff of any changes to their child's allergy status and providing a new anaphylaxis medical management action plan in accordance with these changes
- communicating all relevant information and concerns to staff, particularly in relation to the health of their child
- complying with the service's policy where a child who has been prescribed an adrenaline autoinjector is not permitted to attend the service or its programs without that device
- complying with the risk minimisation procedures outlined in Attachment 1
- ensuring they are aware of the procedures for first aid treatment for anaphylaxis (refer to Attachment 4).

**Parents/guardians are responsible for:**

- reading and complying with this policy and all procedures, including those outlined in Attachment 1
- bringing relevant issues and concerns to the attention of both staff and the Approved Provider

**Volunteers and students, while at the service, are responsible for following this policy and its procedures.**

## EVALUATION

In order to assess whether the values and purposes of the policy have been achieved, the Approved Provider will:

- selectively audit enrolment checklists (for example, annually) to ensure that documentation is current and complete
- regularly seek feedback from everyone affected by the policy regarding its effectiveness
- monitor the implementation, compliance, complaints and incidents in relation to this policy
- keep the policy up to date with current legislation, research, policy and best practice
- revise the policy and procedures as part of the service's policy review cycle or following an anaphylactic episode at the service, or as otherwise required
- notify parents/guardians at least 14 days before making any changes to this policy or its procedures.

## ATTACHMENTS

- Attachment 1: Risk minimisation procedures
- Attachment 2: Enrolment checklist for children diagnosed as at risk of anaphylaxis
- Attachment 3: Risk minimisation and communication plan
- Attachment 4: Medication form – Backup EpiPen® Junior

- Attachment 5: First Aid Treatment for Anaphylaxis – download from the Australasian Society of Clinical Immunology and Allergy:  
<http://www.allergy.org.au/health-professionals/anaphylaxis-resources/first-aid-for-anaphylaxis>

## **AUTHORISATION**

This policy was adopted by the Approved Provider of Home Road Kindergarten on 19 July 2022.

**REVIEW DATE: JUNE 2023**

## ATTACHMENT 1

### Risk minimisation procedures

The following procedures should be developed in consultation with the parents/guardians of children in the service who have been diagnosed as at risk of anaphylaxis, and implemented to protect those children from accidental exposure to allergens. These procedures should be regularly reviewed to identify any new potential for accidental exposure to allergens.

#### **In relation to the child diagnosed as at risk of anaphylaxis:**

- the child should only eat food that has been specifically prepared for them. Some parents/guardians may choose to provide all food for their child
- ensure there is no food sharing (refer to *Definitions*), or sharing of food utensils or containers at the service
- where the service is preparing food for the child:
  - ensure that it has been prepared according to the instructions of parents/guardians
  - parents/guardians are to check and approve the instructions in accordance with the risk minimisation plan
- bottles, other drinks, lunch boxes and all food provided by parents/guardians should be clearly labelled with the child's name
- consider placing food allergens on a table away from a severely allergic child. However, be mindful that children with allergies should not be discriminated against in any way and should be included in all activities and able to sustain interactions with peers and friends while eating
- If using placemats for meal times, the at risk child's placemat will state allergens, for example "No Nuts".
- ensure appropriate supervision of the child diagnosed as at risk of anaphylaxis on special occasions such as excursions and other service events
- ensure advance notification of special occasions and events involving food are provided to ALL parents/guardians:
  - Where the event is during normal session times/locations, parents/guardians of an at risk child will be encouraged to also attend the special occasion. Children with food allergies will be asked to bring food for their own consumption only and will be supervised to ensure they do not share food from others that may contain allergens
  - Where the event is outside normal session times/locations, ALL children (including those at risk of anaphylaxis) will be required to have a parent/guardian present to provide appropriate supervision for their child. The service will not enforce food protocols outside normal kindergarten sessions and attendance at these events is therefore at individual parent/guardian discretion
- children diagnosed as at risk of anaphylaxis who are allergic to insect/sting bites should wear shoes and long-sleeved, light-coloured clothing while at the service.

#### **In relation to other practices at the service:**

- ensure tables, sinks and bench tops are thoroughly cleaned as required, including thoroughly cleaning sinks and taps as appropriate prior to the at risk child washing their hands
- ensure that all children and adults remaining onsite for the kindergarten session wash hands upon arrival at the service, and before and after eating
- supervise all children at meal and snack times, and ensure that food is consumed in specified areas. To minimise risk, children should not move around the service with food
- do not use food of any kind as a reward at the service
- ensure that children's risk minimisation plans inform the service's planned cooking experiences.
- ensure that staff and volunteers who are involved in food preparation and service undertake measures to prevent cross-contamination of food during the storage, handling, preparation and serving of food, including careful cleaning of food preparation areas and utensils (refer to *Food Safety Policy*)
- request that all parents/guardians avoid bringing food to the service that contains specified allergens or ingredients as outlined in the risk minimisation plans of children diagnosed as at risk of anaphylaxis. The centre will provide labels for snack/lunch boxes for all children enrolled at the

service stating the allergen not to be brought to the centre; for example, labels stating “No Nuts” and “No Eggs”

- restrict the use of food and food containers, boxes and packaging in crafts, cooking and science experiments, according to the allergies of children at the service
- ensure staff discuss the use of foods in children’s activities with parents/guardians of at risk children. Any food used at the service should be consistent with the risk management plans of children diagnosed as at risk of anaphylaxis
- ensure that garden areas are kept free from stagnant water and plants that may attract biting insects.
- request that all parents/guardians refrain from bringing food items in celebration of their child's birthday.
- upon enrolment, the service will assess the health needs of children at risk of anaphylaxis and may implement limitations on certain food products allowable across the centre.

**ATTACHMENT 2****Enrolment checklist for children diagnosed as at risk of anaphylaxis**

- A risk minimisation plan is completed in consultation with parents/guardians prior to the attendance of the child at the service, and is implemented including following procedures to address the particular needs of each child diagnosed as at risk of anaphylaxis.
- Parents/guardians of a child diagnosed as at risk of anaphylaxis have been provided with a copy of the service's *Anaphylaxis Policy* and *Dealing with Medical Conditions Policy*.
- All parents/guardians are made aware of the service's *Anaphylaxis Policy*.
- A coloured copy and most up to date ASCIA action plan for anaphylaxis for the child is completed and signed by the child's registered medical practitioner and is accessible to all staff.
- A copy of the child's ASCIA action plan for anaphylaxis is included in the child's adrenaline autoinjector kit (refer to *Definitions*).
- An adrenaline autoinjector (within a visible expiry date) is available for use at all times the child is being educated and cared for by the service.
- An adrenaline autoinjector is stored in an insulated container (adrenaline autoinjector kit) in a location easily accessible to adults both indoors and outdoors (not locked away) but inaccessible to children, and away from direct sources of heat and cold.
- All staff, including casual and relief staff, are aware of the location of each adrenaline autoinjector kit which includes each child's ASCIA action plan for anaphylaxis.
- All staff have undertaken approved anaphylaxis management training (refer to *Definitions*), which includes strategies for anaphylaxis management, risk minimisation, recognition of allergic reactions and emergency first aid treatment. Details regarding qualifications are to be recorded on the staff record (refer to *Definitions*).
- All staff have undertaken practice with an autoinjector trainer at least annually and preferably quarterly. Details regarding participation in practice sessions are to be recorded on the staff record (refer to *Definitions*).
- A procedure for first aid treatment for anaphylaxis is in place and all staff understand it (refer to Attachment 4).
- Contact details of all parents/guardians and authorised nominees are current and accessible.
- Information regarding any other medications or medical conditions in the service (for example asthma) is available to staff.
- If food is prepared at the service, measures are in place to prevent cross-contamination of the food given to the child diagnosed as at risk of anaphylaxis.
- Parents have had the opportunity to sign a permission form for the use of a generic EpiPen®.

### ATTACHMENT 3

## Anaphylaxis Risk Minimisation and Communication Plan

This risk minimisation and communication plan is to be completed by the Approved Provider/  
Nominated Supervisor in consultation with the at risk child's parents/guardians and educators working  
with the child.

<b>1. Who is the child?</b>	
Name:	Date of birth:
Kindergarten Group:	Room Name: Platypus (Front) OR (circle one) Kangaroo (Back)

<b>2. What are they anaphylactic to?</b>		
<ul style="list-style-type: none"> <li>• List all of the known allergens for anaphylaxis for the at risk child in the table below.</li> <li>• List potential sources of exposure to each known triggers and strategies to minimise the risk of exposure. This will include requesting that certain foods/items not be brought to the centre.</li> </ul>		
Anaphylactic	Sources of exposure	Risk minimisation strategies

<b>3. Do staff (including casual and relief staff), volunteers and visiting staff recognise the at risk child?</b>	
<ul style="list-style-type: none"> <li>List the strategies for ensuring that all staff, including casual and relief staff, recognise each at risk child, are aware of the child's specific allergies and symptoms and the location of their adrenaline autoinjector kit including their ASCIA action plan for anaphylaxis.</li> </ul>	
<ul style="list-style-type: none"> <li>Confirm where the child's anaphylactic reaction medical management action plan (including the child's photograph) will be displayed.</li> </ul>	

<b>4. Do families and staff know how the centre manages the risk of anaphylaxis?</b>	
<ul style="list-style-type: none"> <li>Record the date on which the family of a child diagnosed at risk of anaphylaxis is provided a copy of the centre's Dealing with Medical Conditions and Anaphylaxis policy.</li> </ul>	Date
<ul style="list-style-type: none"> <li>Record the date that parents/guardians provide an unused, in-date and complete adrenaline autoinjector kit or other medication for their anaphylaxis.</li> </ul>	Date
<ul style="list-style-type: none"> <li>Ensure that all staff, including casual and relief staff, know the location of the adrenaline autoinjector kit and ASCIA action plan for anaphylaxis for each at risk child.</li> </ul>	
<ul style="list-style-type: none"> <li>Upon receiving medication record the expiry date. The Occupational Health and Safety Representative and the families will regularly check the expiry date of the medication.</li> </ul>	
<ul style="list-style-type: none"> <li>Kindergarten educators write to all families in the at risk child's group requesting that specific procedures be followed to minimise the risk of exposure to a known allergen. For example: <ul style="list-style-type: none"> <li>Avoid bringing into the centre food containing known allergens or foods where transfer from one child to another is likely eg. Peanut/nut products, egg products</li> <li>Food packaging where that food is a known allergen, for example, egg cartons</li> </ul> </li> </ul>	Date

<ul style="list-style-type: none"> <li>• A new written request will be sent to families if allergens for anaphylaxis change.</li> </ul>	
<ul style="list-style-type: none"> <li>• Ensure the family are aware of the Dealing with Medical Conditions and Anaphylaxis policies and that no child who has been prescribed an adrenaline autoinjector is permitted to attend the service without that device.</li> </ul>	
<ul style="list-style-type: none"> <li>• Display the ASCIA generic poster <i>Action Plan for Anaphylaxis</i> in key locations at the service and ensure a completed Ambulance Victoria <i>AV How to Call Card</i> is next to all telephone/s.</li> </ul>	
<ul style="list-style-type: none"> <li>• The adrenaline autoinjector kit, including a copy of the ASCIA action plan for anaphylaxis, is carried by an educator when a child diagnosed as at risk is taken outside the service premises eg. for excursions.</li> </ul>	

<p><b>5. Has a communication plan been developed which includes procedures to ensure that:</b></p> <ul style="list-style-type: none"> <li>• All staff, volunteers, students and parents/guardians are informed about the Dealing with Medical Conditions and Anaphylaxis policy and procedures for the management of anaphylaxis at Home Road Kindergarten.</li> <li>• Parents/guardians of a child diagnosed as at risk of anaphylaxis are able to communicate with educators about any changes to the child's diagnosis or anaphylaxis medical management action plan.</li> <li>• All staff, including casual, relief and visiting staff, volunteers and students are informed about and familiar with all ASCIA action plans for anaphylaxis and the Home Road Kindergarten risk management plan.</li> </ul>	
<ul style="list-style-type: none"> <li>• All parents/guardians are informed of and have access to the Dealing with Medical Conditions and Anaphylaxis policy prior to commencing at the kindergarten.</li> </ul>	
<ul style="list-style-type: none"> <li>• A copy of the policies are available in the policy folder in the kindergarten foyer and on the kindergarten website.</li> </ul>	
<ul style="list-style-type: none"> <li>• Educators will meet with parents/guardians of a child diagnosed as at risk of anaphylaxis prior to the child's commencement at the kindergarten and will develop a communication plan with the family.</li> </ul>	
<ul style="list-style-type: none"> <li>• An induction process for all staff and volunteers includes information regarding the management of anaphylaxis at the kindergarten, including the location of adrenaline autoinjector kits, ASCIA action plans for anaphylaxis, risk minimisation plans and procedures and identification of children at risk.</li> </ul>	



**Communication Plan**

I understand and give permission for Home Road Kindergarten to communicate my child's anaphylaxis in the following ways:

- Staff meeting, so that all staff are aware of the children who have medical needs. Staff meeting date: \_\_\_\_\_
- Casual or Relief staff, as needed.
- My child's Action plan is on display in their room and their details are on a Medical Conditions register displayed outside and in the kitchen area for all staff to see.
- My child's action plan is displayed \_\_\_\_\_  
(location in the room)
- Date of staff training on the emergency procedures to be followed: \_\_\_\_\_
- Communication with my child's group, asking families to be aware of the anaphylaxis when bringing in food (snack/lunch/events) to the kindergarten.
- All food and cooking experiences will be discussed with parents/guardians prior to the day to ensure that my child's risk management plan is followed.

I have read and completed a risk management plan with my teacher: YES / NO

I have received a copy of Home Road Kindergarten's Anaphylaxis and Medical Conditions policy:  
YES / NO

Parent/Guardian Signature: \_\_\_\_\_

**6. Do all educators know how the centre aims to minimise the risk of a child being exposed to an allergen?**

The strategies listed will be implemented during the following possible scenarios that will reduce potential exposure for the at risk child to a known allergen. This is not a conclusive list and may be added to as the need arises.

<b>Scenario</b>	<b>Strategy</b>	<b>Who</b>
<b>Entering the kindergarten environment / hygiene practices</b>	Ensure each child enrolled at the centre washes his/her hands upon arrival at the centre, before and after eating. This also applies to siblings and adult helpers participating in the program.	Parents/guardians and educators
	Hygiene procedures and practices are followed to minimise the risk of cross-contamination of surfaces, food utensils or containers by food allergens (refer to <i>Hygiene policy</i> and <i>Food safety policy</i> ).	Educators
	Bottles, other drinks and lunch boxes provided by the parents/guardians of the child at risk should be clearly labelled with the child's name.	Parents/guardians
<b>Snack / Lunch time</b>	An at risk child consumes their food at a place considered to pose a low risk of contamination from allergens from another child's food. This place is not separate from all children and allows social inclusion at meal times. An educator will monitor/sit at the table with the at risk child.	Educators
	An at risk child only consumes food prepared specifically for them or approved by their parents/guardians.	Parents/guardians and educators
	Teaching strategies are used to raise awareness of all children about anaphylaxis and the importance of no food sharing at the centre.	Educators
	Children are closely supervised during eating.	Educators
	Placemats for at risk children state the allergen/s and all children in that group are provided with a label for their snack/lunch box stating the allergen not to be brought to the centre, for example "No Nuts".	Educators

Scenario	Strategy	Who
<b>Party or celebrations at the Centre</b>	Give adequate notice to families about the event. When invitations are sent to the families for kindergarten events, a reminder of individual health needs are noted. ( <i>Please try to avoid, or consider an alternative to allergen</i> ).	Approved Provider, Nominated Supervisor and educators
	Ensure safe food is provided for the child diagnosed as at risk of anaphylaxis.	Parents/guardians and educators
	Ensure the child diagnosed as at risk of anaphylaxis only eats food prepared specifically for them or approved by their parents/guardians.	Educators
	Suggest a range of inclusive foods that families may send for the party/celebration and note particular foods and/or ingredients that should not be sent.	Nominated Supervisor and educators Consult the family
<b>Latex Allergies</b>	Avoid the use of party balloons or contact with latex gloves.	Educators
<b>Cooking with children</b>	Ensure parents/guardians of the child diagnosed as at risk of anaphylaxis are advised well in advance and included in the planning process. Parents/guardians may prefer to provide the ingredients themselves.	Approved Provider, Nominated Supervisor and educators
	Ensure activities and ingredients used are consistent with the risk minimisation plan.	Educators
	A cooking form detailing a list of ingredients will be filled in by the kindergarten teacher and checked by the Educational Leader.	Educators

<b>7. Do relevant people know what action to take if a child has an anaphylactic reaction?</b>	
<ul style="list-style-type: none"> <li>The Approved Provider, educators and family of the child diagnosed as at risk know what the ASCIA action plan for anaphylaxis contains and how to implement the procedures.</li> </ul>	
<ul style="list-style-type: none"> <li>Educators to complete the table below regarding the administration of the medication in an emergency:</li> </ul>	
<b>Action</b>	<b>Educator</b>
1. Who will administer the medication and stay with the child?	
2. Who will telephone the ambulance and the parents/guardians of the child?	
3. Who will ensure the supervision of other children at the centre?	
4. Who will let the ambulance officers into the centre and take them to the child?	

<ul style="list-style-type: none"> <li>The educator closest to the child at the time symptoms emerge will remain with the child (Action 1) whilst the other educator will complete actions 2, 3 and 4.</li> </ul>	
<ul style="list-style-type: none"> <li>All educators have undertaken approved first aid and anaphylaxis management training.</li> </ul>	
<ul style="list-style-type: none"> <li>A completed Ambulance Victoria <i>AV How to Call Card</i> is located next to all telephones.</li> </ul>	

<b>8. How effective is the centre's risk minimisation plan?</b>	
<ul style="list-style-type: none"> <li>The risk minimisation plan will be reviewed with parents/guardians of the child diagnosed as at risk of anaphylaxis at least annually, but always upon enrolment and after any incident or accidental exposure to allergens.</li> </ul>	
<b>9. In the unlikely event of a moderate anaphylactic reaction where medication has already been given develops into a severe anaphylactic reaction; educators will call an ambulance 000 and follow their instructions.</b>	
<ul style="list-style-type: none"> <li>The backup EpiPen→ is kept on the premises and checked monthly. This would only be appropriate for use if the child has a prescribed EpiPen→ or it is not functioning and there is certainty that none of the medication has been injected into the child.</li> </ul>	Date  Consent Attached? Yes / No

<b>10. The following people have read, understood and agree that this document is a risk minimisation and communication plan for the child diagnosed as at risk of anaphylaxis:</b>	
<b>Approved Provider (Committee)</b>	Name (printed):
	Signature:
	Date:
<b>Nominated Supervisor</b>	Name (printed):
	Signature:
	Date:
<b>Kindergarten Teacher</b>	Name (printed):
	Signature:
	Date:
<b>Kindergarten Co-educator</b>	Name (printed):
	Signature:
	Date:
<b>Kindergarten Co-educator</b>	Name (printed):
	Signature:
	Date:
<b>Additional Staff Member (where relevant)</b>	Name (printed):
	Signature:
	Date:
<b>Parent/Guardian</b>	Name (printed):
	Signature:
	Date:

**ATTACHMENT 4**  
**Medication Form – Backup EpiPen® Junior**

I, \_\_\_\_\_ (parent/guardian name) authorise EpiPen® trained educators at Home Road Kindergarten to administer the spare EpiPen® Jr – 150 micrograms Adrenaline Auto-Injector, that is kept on kindergarten premises to my child, \_\_\_\_\_, only if every point of the following criteria occur:

- My child has come into contact with a known allergen that may cause an anaphylactic reaction; and
- My child is displaying difficulty breathing as stated in their ASCIA action plan for anaphylaxis; and
- My child’s own EpiPen® was unable to be administered to my child – this means that it did not come into contact with their skin and none of the adrenaline has been administered; or
- My child’s own EpiPen® has been administered but symptoms have not subsided and the Emergency Services Operator advise administering a second dose.

In the instance that this occurs, the trained educators will request authorisation from the Emergency Services Operator to administer the backup EpiPen→ Junior, as this adrenaline auto-injection device is not prescribed to my child.


Signed by parent/guardian: \_\_\_\_\_

Date: \_\_\_\_\_

## ATTACHMENT 5

## First Aid Treatment for Anaphylaxis

Download this attachment from the Australasian Society of Clinical Immunology and Allergy: <http://www.allergy.org.au/health-professionals/anaphylaxis-resources/first-aid-for-anaphylaxis> for the latest version of this information as ASCIA resources are regularly reviewed and updated. ASCIA is the peak professional body of clinical immunology and allergy specialists in Australia and New Zealand.



australian society of clinical immunology and allergy  
www.allergy.org.au

FIRST AID PLAN FOR

# Anaphylaxis

**For use with adrenaline (epinephrine) autoinjectors - refer to the device label for instructions**  
Translated versions of this document are on the ASCIA website [www.allergy.org.au/anaphylaxis#ta5](http://www.allergy.org.au/anaphylaxis#ta5)

**SIGNS OF MILD TO MODERATE ALLERGIC REACTION**

<ul style="list-style-type: none"> <li>• Swelling of lips, face, eyes</li> <li>• Hives or welts</li> </ul>	<ul style="list-style-type: none"> <li>• Tingling mouth</li> <li>• Abdominal pain, vomiting (these are signs of anaphylaxis for insect allergy)</li> </ul>
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**ACTION FOR MILD TO MODERATE ALLERGIC REACTION**

<ul style="list-style-type: none"> <li>• For insect allergy - flick out sting if visible</li> <li>• For tick allergy seek medical help or freeze tick and let it drop off</li> </ul>	<ul style="list-style-type: none"> <li>• Stay with person and call for help</li> <li>• Locate adrenaline autoinjector</li> <li>• Phone family/emergency contact</li> </ul>
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Mild to moderate allergic reactions (such as hives or swelling) may not always occur before anaphylaxis


**WATCH FOR ANY ONE OF THE FOLLOWING SIGNS OF ANAPHYLAXIS (SEVERE ALLERGIC REACTION)**


<ul style="list-style-type: none"> <li>• Difficult/noisy breathing</li> <li>• Swelling of tongue</li> <li>• Swelling/tightness in throat</li> <li>• Wheeze or persistent cough</li> </ul>	<ul style="list-style-type: none"> <li>• Difficulty talking and/or hoarse voice</li> <li>• Persistent dizziness or collapse</li> <li>• Pale and floppy (young children)</li> </ul>
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**ACTION FOR ANAPHYLAXIS**

- 1 Lay person flat - do NOT allow them to stand or walk**
  - If unconscious, place in recovery position
  - If breathing is difficult allow them to sit
- 2 Give adrenaline autoinjector**
- 3 Phone ambulance - 000 (AU) or 111 (NZ)**
- 4 Phone family/emergency contact**
- 5 Further adrenaline doses may be given if no response after 5 minutes**
- 6 Transfer person to hospital for at least 4 hours of observation**







**If in doubt give adrenaline autoinjector**  
Commence CPR at any time if person is unresponsive and not breathing normally

**ALWAYS give adrenaline autoinjector FIRST, if someone has SEVERE AND SUDDEN BREATHING DIFFICULTY (including wheeze, persistent cough or hoarse voice), even if there are no skin symptoms. THEN SEEK MEDICAL HELP.**

- If adrenaline is accidentally injected (e.g. into a thumb) phone your local poisons information centre.
- Continue to follow this plan for the person with the allergic reaction.

Adrenaline autoinjectors (300 mcg) are prescribed for children over 20kg and adults. Adrenaline autoinjectors (150 mcg) are prescribed for children 7.5-20kg.

© ASCIA 2020 This document has been developed for use as a poster, or to be stored with general use adrenaline autoinjectors.