


Module 5: Keeping It Together
Topic 2 Content: First Aid for Anaphylactic Shock Notes

Introduction

First Aid for Anaphylactic Shock



Click *NEXT* to begin.



First Aid Treatment for Anaphylactic Shock


Click **NEXT** to begin.

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Instructions

First Aid for Anaphylactic Shock



The image shows a person's hands holding an EpiPen. The background is a whiteboard with four categories of allergens written in black marker: 'Peanuts' (top left), 'Shellfish' (bottom left), 'Medicines' (top right), and 'Other' (bottom right). Below the whiteboard is a row of six orange buttons numbered 1 through 6.

1 2 3 4 5 6

Click each step to learn how to react when someone has gone into anaphylactic shock.

Anaphylaxis is a life-threatening allergic reaction that can cause shock, a sudden drop in blood pressure and trouble breathing. In people who have an allergy, anaphylaxis can occur minutes after being exposed to the allergen.

An allergic reaction can be triggered by an allergy to a particular food like peanuts or shellfish, medicines like penicillin, or by a reaction to latex. Along with these examples, there are many other triggers that cause anaphylactic shock.

Click each step to learn how to react when someone has gone into anaphylactic shock.

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Steps

First Aid for Anaphylactic Shock

1. Immediately call 9-1-1.
2. Ask the person if they are carrying an epinephrine auto-injector. If the individual does not have one, call someone for help to see if one is available in an emergency kit, from the school nurse, etc.
3. If the person is unable to self-administer the epinephrine auto-injector you will need to help. This is usually done by pressing the auto-injector against the person's thigh.
4. Once the epinephrine has been administered, have the person lie still on his or her back. Do not provide anything to eat or drink. If the person begins to vomit, turn the person onto his or her side.
5. If there are no signs of breathing, begin CPR.
6. If the symptoms start to improve remain with the individual until an emergency response team has arrived. After anaphylaxis, it is possible for symptoms to recur. Monitoring in a hospital for several hours is usually necessary.

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