

Women & Children's Directorate

What to do if your child has...



**an allergic
reaction**

Information compiled by :

The Children's Allergy Team
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Information for parents/carers



If your child has any of the following symptoms...

- 1 Tingling itchy lips or tongue
- 2 Flushing of the skin
- 3 Hives (rash) anywhere on the body
- 4 Abdominal cramps and nausea or vomiting
- 5 Swollen or itchy eyes
- 6 Runny nose or sneezing

...they may be having an allergic reaction

Action - Give Piriton

Dose of Piriton ml

Other ml

Action - repeat Piriton

**If worse at any time
call an ambulance**

If any of the following occur...

- 1 Wheezing
- 2 Choking, struggling to breathe
- 3 Going pale, cold and clammy
- 4 Loss of consciousness or fainting

Action - call an ambulance

Remember the best way to stop reactions happening is to make sure your child keeps away from the foods they are allergic to.

**Always have your
Piriton with you**