


# ANAPHYLAXIS ACTION PLAN

For use with Jext<sup>®</sup> adrenaline autoinjectors

## What to do:

- 1,  Grasp the Jext<sup>®</sup> injector in your dominant hand (the one you use to write with) with your thumb closest to the yellow cap.
- 2,  Pull off the yellow cap with your other hand.
- 3,  Place the black injector tip against your outer thigh, holding the injector at a right angle (approx 90°) to the thigh.
- 4,  Push the black tip firmly into your outer thigh until you hear a 'click' confirming the injection has started, then keep it pushed in. Hold the injector firmly in place against the thigh for 10 seconds (a slow count to 10) then remove. The black tip will extend automatically and hide the needle.
- 5,  Massage the injection area for 10 seconds. Seek immediate medical help.



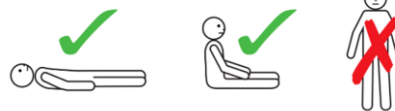
## ANAPHYLAXIS (SEVERE ALLERGIC REACTION)

### ANY ONE OF THESE SYMPTOMS:

- AIRWAY:**
- Swelling of the tongue
  - Swelling/tightness of the throat
  - Difficulty talking/ hoarse voice
- BREATHING:**
- Difficult/ noisy breathing
  - Wheeze or persistent cough
- CIRCULATION:**
- Persistent dizziness or collapse
  - Loss of consciousness

## ACTION PLAN

1. **Lie flat** with your feet up until help arrives. You can sit if breathing is difficult, but do not stand or walk.



2. **Use your Jext<sup>®</sup> device.**
3. **Call 999** for an ambulance\* and say that you are having anaphylaxis (Ana-fill-ax-is).
4. If wheezy and you have a blue inhaler, take 10 puffs via spacer.
5. Take 2 tablets of antihistamine (e.g. Cetirizine)
6. If there is no improvement over 5 minutes, use your second Jext<sup>®</sup> device.

**IF IN DOUBT, USE YOUR JEXT<sup>®</sup> DEVICE**

\*You can dial 999 from any phone, even if there is no credit left on a mobile phone. Medical observation is recommended after anaphylaxis

## MILD TO MODERATE ALLERGIC REACTIONS

- Swelling of lips, face or eyes
  - Hives or welts
  - Abdominal pain or vomiting
  - Tingling mouth
- Treat these with antihistamine e.g. Cetirizine. Take 1-2 tablets immediately.

## USEFUL INFORMATION

- Store Jext<sup>®</sup> at room temperature - do not refrigerate.
- Keep Jext<sup>®</sup> away from direct sunlight.
- Make sure that your Jext<sup>®</sup> device is in date
- Consider carrying a medic alert ID
- Jext.co.uk website offers:
  - an expiry alert service
  - demonstration video on Jext<sup>®</sup> use
  - travel certificate to carry Jext
  - phrase sheets and action plans in different languages

### Useful websites:



Supporting people at risk of severe allergies

[www.anaphylaxis.org.uk](http://www.anaphylaxis.org.uk)



[www.allergyuk.org](http://www.allergyuk.org)



[www.jext.co.uk](http://www.jext.co.uk)



[www.medicalert.org.uk](http://www.medicalert.org.uk)