



What to do if you are home (or elsewhere) alone and experience anaphylaxis

It can be frightening to experience anaphylaxis when others are around to help, let alone when you are by yourself. Here we provide some general preparation tips as well as a specific plan to follow if you experience anaphylaxis when alone.

Some general preparation tips:

- Be familiar with your ASCIA Action Plan for Anaphylaxis.
- Be sure you know how to use your adrenaline (epinephrine) autoinjector e.g. EpiPen®. Practice with an adrenaline autoinjector training device.
- Always keep your adrenaline autoinjector in the same place so you can find it easily if needed. Keep your ASCIA Action Plan for Anaphylaxis with it.
- Consider doing the ASCIA anaphylaxis first aid e-training for community at least yearly <https://allergy.org.au/patients/anaphylaxis-e-training-first-aid-community>.
- Consider leaving a front door key with a trusted neighbour.
- Check out the “what to do in an emergency” section of the A&AA website for useful information <https://allergyfacts.org.au/allergy-management/emergency>.

If you are alone and experiencing an allergic reaction:

- **Get** your adrenaline autoinjector, ASCIA Action Plan for Anaphylaxis and mobile phone.
- **Follow** your ASCIA Action Plan for Anaphylaxis.
- If you are having **ANY** symptoms of anaphylaxis, administer your adrenaline autoinjector and call **TRIPLE ZERO 000**. As you are alone, and this is a life-threatening emergency, keep the ambulance operator on the phone until emergency help arrives.
- If your front door is locked, unlock it and lie down or sit on the ground with legs outstretched (do not stand up). Do not block the door.
- While waiting for help, try to breathe slowly, deeply and evenly. Try not to panic.
- If you have not responded to the adrenaline after 5 minutes (i.e. you are not feeling any better or the symptoms are now worse) **and** you have a second adrenaline autoinjector, administer it.
- **DO NOT** have a shower or move around more than is necessary.
- **NEVER** drive yourself to hospital. Wait for the ambulance to arrive.
- If you are having an allergic reaction but not anaphylaxis, consider phoning a family member or friend to alert them (call out to a passer-by for help if out in public). Also consider calling **TRIPLE ZERO 000** for help and advice.

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