

## IN CASE OF ANAPHYLACTIC REACTION

In case of anaphylactic reaction, epinephrine should be administered promptly and you must call the health emergency number 118 immediately. The following tips are important for the success of your call:

- call 118;
- give them your name, the address and telephone number;
- inform the 118 staff that the person next to you is having an anaphylactic shock due to food allergies, describing the symptoms and the conditions;
- never hang up the call;
- do not leave the person alone;
- avoid panic trying to reassure the person waiting for help;
- do not give him/her anything to drink;
- leave the person where he/she is, avoiding to keep him/her in upright position;
- if the person is conscious put him/her in anti shock position, raising the legs up to facilitate the flow of blood to the head and heart. If the person has breathing difficulties (asthma) raise his/her upper body off the ground;
- if the person is unconscious, put he/she in recovery position according to the rules of first aid.