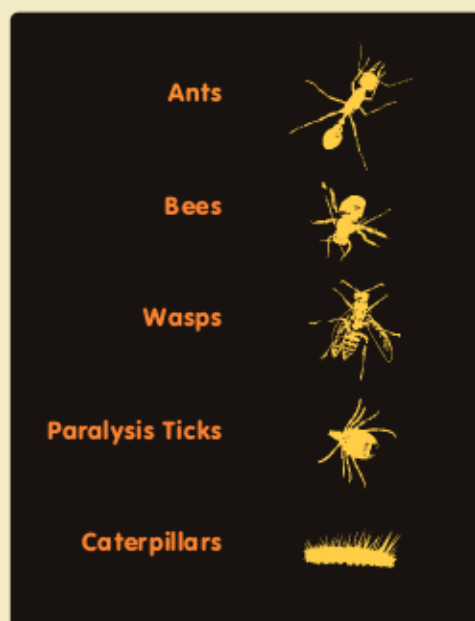


## Allergic Reactions Technique

### What and Why is it Done?

The technique involves using an EpiPen to inject adrenaline into the victim's muscle, and then seeking emergency medical treatment.

Use this technique for the following venomous bites or stings –



Apply antiseptic to the bite or sting area and a Cold Pack to relieve local irritation swelling or pain.

See specific instructions for Cold Pack Technique

There is not much point applying one of the First Aid techniques if the patient has stopped breathing or their heart is not beating. In such cases, Emergency Procedures (DR-ABC) must apply first, or at least at the same time, if there is someone else to assist. When the victim is breathing again, complete the recommended First Aid technique, and immediately ring 000 for medical assistance.

See specific instructions for the DR-ABC procedure

### How is it Done?

- 1 *If you have a previous severe allergic reaction, always take a first aid kit with an EpiPen when going on any field trip.*
- 2 *If you are bitten or stung, and you know you are likely to have an allergic reaction, reach immediately for your EpiPen.*
- 3 *Pull the grey cap straight off the end.*  
*Place the black end of the EpiPen against the skin. Push the EpiPen firmly until it "clicks".*  
*This means the adrenaline has been injected into the muscle.*
- 4 *Apply antiseptic to the bite or sting area and a cold pack to relieve any local irritation, swelling or pain.*  
***Seek urgent medical help.***  
*Meanwhile, maintain basic life support using Emergency Procedures (DR-ABC).*