

Asthma



Anaphylaxis

Anaphylaxis is a life threatening allergic reaction. This is not a simple allergic reaction like watery eyes or runny nose or hives. This reaction will restrict breathing and thus is life threatening.

Signs of Anaphylaxis:

- Unable to speak more than one or two words
- Sitting straight up or with hands on knees
- Gasping for breath
- Pursing lips to breathe
- Using neck muscles to take breaths



Care:

Get Epi-pen

Administer Epi-pen if they cannot themselves.
Hold Epi-pen in for about 10 seconds.

Have the person lie still, only moving them if absolutely necessary to get them away from allergen

Call 911

Diabetic Emergency

You will only know if someone has diabetes if they tell you or if you find a medical alert bracelet / necklace etc.



Care

If they are completely conscious, give them sugar. Liquid is easiest and quickest to digest.

If they go unconscious call 911 immediately.