

**In Case of
Emergency Dial
101**

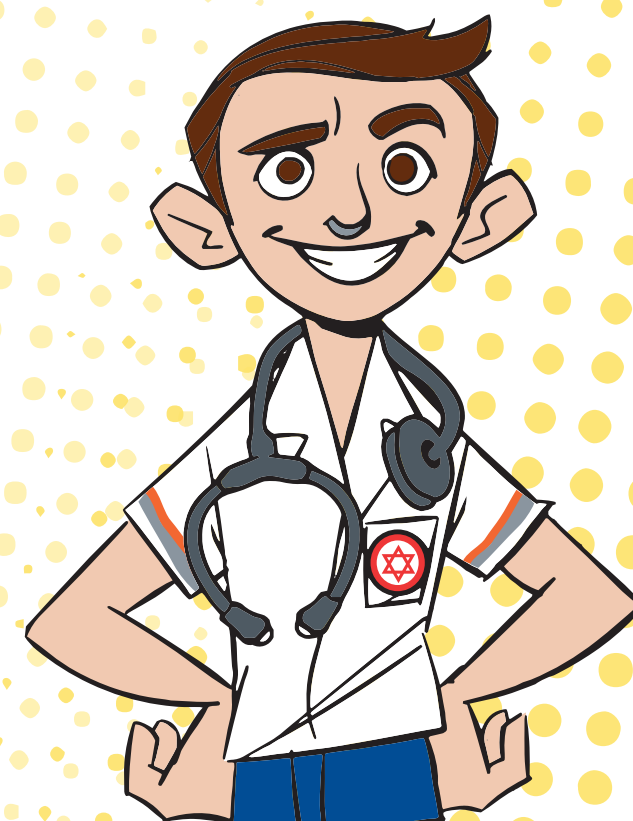


**MAGEN
DAVID
ADOM
IN ISRAEL**



**מגן דוד
אדום
בישראל**

Israel's National EMS



Prevention and Treatment of an Allergic Reaction

It's in our hands!

An Allergic Reaction

An allergic reaction is a response of the immune system to foreign proteins. This means that the body treats it the same as any foreign object.

Types

The foreign protein is called an "Allergen". There are hundreds. Allergens include: synthetic materials, animal dander and other food items which we may consume on a regular basis such as dairy products, nuts, peanuts, sesame (including tahini and halva), seafood, eggs, wheat and others.

Causes

The causes are unknown. However, the broad assumption is that it is based on a combination of genetics and environmental factors.

Signs and Symptoms

- Respiratory system- trouble breathing, wheezing, persistent cough, scratching or swelling in the throat, lips or tongue, sneezing, and a burning sensation in the throat.
- The skin- a widespread rash, itching, swelling in the extremities or eyes and edema.
- Digestive system- nausea, vomiting, stomach pain and cramps and diarrhea.
- Circulatory system- pallor, dizziness, syncope (fainting), cyanosis and low blood pressure.
- Unresponsiveness.

Risks

Airway obstruction, choking, sudden decrease in blood pressure, loss of consciousness and even death.

Time is of the essence!

Appearance of any symptoms presents a threat to the person's life and requires IMMEDIATE treatment.

The solution:

Awareness and prevention can save lives.

Create a safe environment

All public locations should create a plan to prevent exposure to allergens.

It is our responsibility to prevent the exposure.

Tips for creating a safe environment

1. Make a plan at both the management and treatment levels.
2. Give clear responsibilities to each team member in advance.

Treatment Steps for treating a life threatening allergic reaction

- 1 Administer an Epi-pen.
- 2 Contact **MDA's 101** Emergency Call Center ASAP.
- 3 If there is no obvious improvement, administer an additional Epi-pen 5-7 minutes after the first.
- 4 If the patient is unresponsive and not breathing, immediately begin CPR.

A Open the plastic case and remove the Epi-pen.

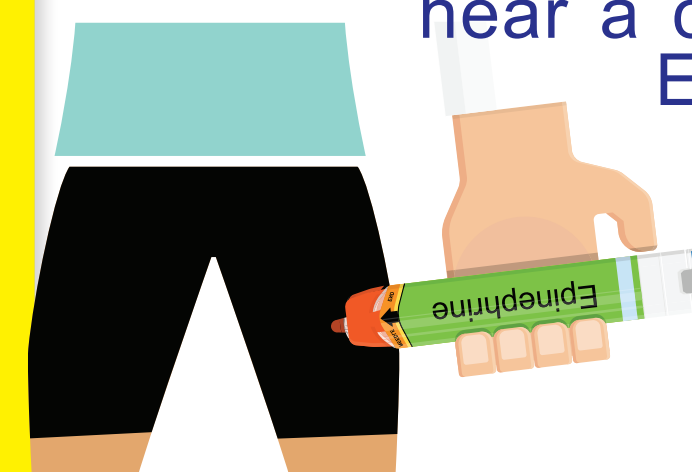


B Hold the Epi-pen in the middle and remove the blue safety.



C Place the orange part against the patient's thigh (this can be done through the patient's clothing).

D Inject the Epi-pen at a 90 degree angle until you hear a click. Hold the Epi-pen in place for 3 seconds.



When in doubt Call 101
MDA EMTs and Paramedics are standing by to assist in any life threatening situation!

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FOOD Allergy
העמותה הישראלית לאלרגיות למזון (ע"ר)

יהל
העמותה לאלרגיות מזון

איח"ת
IAACI
Israel Association of Allergy and Clinical Immunology

משרד הבריאות
נתיבים בריאות ייתר

The Epi-pen is located:



Scan and download the MyMDA app for direct contact with the MDA 101 Emergency Call Center

For information and training courses
***8101** www.mdais.org

Magen David Adom in Israel

