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# Mild Allergic Reactions

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## Important

Contact your own doctor immediately if your symptoms worsen or if you experience any unusual symptoms over the next 24 hours.

### Go to your doctor if you experience:

- x Shortness of breath
- x Wheezing
- x Raised temperature
- x Swelling of face or tongue
- x Hoarse voice
- x Itch skin
- x A rash which develops or worsens
- x Sickness / vomiting
- x Diarrhoea
- x Faintness, weakness, giddiness
- x Thirstiness

If your symptoms start to become much worse, telephone 999 for an ambulance, or ask a relative or friend to take you to hospital.

If you are ever treated in the future for the same condition or injury that you were treated for today you must tell the doctor about your allergic reaction.

**IF YOU KNOW THE CAUSE OF YOUR ALLERGY, IT IS VERY IMPORTANT THAT IN THE FUTURE YOU AVOID THIS.**

For further information about allergic reactions, contact the Anaphylaxis Campaign

Tel: 01252 542029

[www.anaphylaxis.org.uk](http://www.anaphylaxis.org.uk)

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## Patient Confidentiality

Information held by Mitie Care & Custody about our patients is treated in strict confidence, in accordance with our Data Protection, Caldicott and Confidentiality Policy.



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