








KNOW THE SYMPTOMS OF ANAPHYLAXIS

It can take more than an hour for symptoms to manifest. When symptoms relating to TWO bodily systems manifest themselves after ingesting an allergen, use epinephrine. ie: hives along with vomiting, or hives with trouble breathing. Just remember: Epi First, Epi Fast!





SEVERE SYMPTOMS

-  SHORTNESS OF BREATH, WHEEZING, COUGH
-  PALE OR BLUISH SKIN, FAINTNESS, WEAK PULSE, DIZZINESS
-  TIGHT OR HOARSE THROAT, TROUBLE BREATHING/SWALLOWING
-  SIGNIFICANT SWELLING OF TONGUE OR LIPS
-  MANY HIVES OVER BODY, WIDESPREAD REDNESS
-  REPETITIVE VOMITING, SEVERE DIARRHEA
-  CONFUSION, ANXIETY, IMPENDING SENSE OF DOOM

For **ANY** severe symptom, INJECT EPINEPHRINE IMMEDIATELY & CALL 911

- Tell the emergency dispatcher the person is experiencing anaphylaxis and may need epinephrine when emergency responders arrive
- Consider giving additional medications after epi (ie: inhaler if wheezing)
- Lay the person flat, raise legs and keep warm. If breathing is difficult or they are vomiting, let them sit up or lie on their side
- If symptoms do not improve, or symptoms return, another dose of epinephrine can be given 5 minutes or more after the last dose
- Transport patient to ER, even if symptoms resolve

MILD SYMPTOMS

-  ITCHY OR RUNNY NOSE, SNEEZING
-  ITCHY MOUTH
-  A FEW HIVES, MILDLY ITCHY SKIN
-  MILD NAUSEA OR DISCOMFORT

For mild symptoms from **MORE THAN ONE** SYSTEM AREA, administer epinephrine & call 911

For mild symptoms from **A SINGLE** SYSTEM AREA, follow these directions:

- Antihistamines may be given, if ordered by a doctor
- Stay with the person; alert emergency contacts
- If symptoms worsen, administer epinephrine

Source: Food Allergy Research & Education (FARE)

