

ANAPHYLAXIS

What is Anaphylaxis?

Anaphylaxis is a severe life threatening allergic reaction. Usual triggers are foods, insect stings, medications, or latex. More than one body system is affected. Exercise is a rare trigger.

Symptoms may include:

	<i>Outside the Body</i>	<i>Inside the Body</i>
Face	Redness, itchy eyes/nose, swelling of eyes, runny nose, sneezing	Swelling of lips and tongue, itchy mouth/tongue
Skin	Itching, redness, hives, swelling	
Throat		Itching, tightness, hoarse voice, hacking cough, trouble swallowing, trouble speaking, choking
Lungs		Trouble breathing, shortness of breath, repeating cough, wheezing
Stomach		Vomiting, nausea, stomach pain, diarrhea
General		Dizzy, unsteady, drowsy, sense of doom, feeling faint or fainting

If you are at risk for Anaphylaxis:

1. Avoid your triggers.
2. Carry an epinephrine auto-injector all the time (Epi-pen or Twinject)
3. Wear a MedicAlert bracelet at all times.

When to give Epinephrine?

- General symptoms
- Severe outside symptoms
- **Any inside symptoms**
- If in doubt, give epinephrine

What to do:

- Give epinephrine (adrenaline injection immediately).
- Lie person on his/her side.
- Call 911 and tell them someone is having a life-threatening allergic reaction.
- Go to the nearest hospital immediately even if symptoms subside.
- If reaction continues or worsens, give a second dose in 10-15 minutes.