

What to do when your child is having an allergic reaction

STEP 1

Check to see if there are any outside symptoms on the body such as hives on the face, chest, and neck area, itchy eyes/nose, sneezing, or a runny nose.

- If **ONLY** outside symptoms are present, give 1 teaspoon Reactine and monitor child closely for the next ten minutes.
- If there are any inside symptoms in addition to the outside symptoms **give epi-pen and call 911.**

Symptoms inside the body may include:

Swelling of face, lips, tongue, or eyelids
Blue lips (sudden drop in blood pressure)
Difficulty breathing/wheezing
Fainting, drowsy, unsteady
Vomiting, stomach pain, diarrhea
Coughing, hoarse voice
Trouble speaking/swallowing

STEP 2

If outside symptoms are not getting any worse, continue to monitor until symptoms disappear.

STEP 3

If outside symptoms are spreading, becoming more intense, or child develops any other symptoms **give epi-pen and call 911.** If the child has no inside symptoms continue to monitor.

STEP 4

If child starts to cry or complain of pain by touching the affected area, typically the stomach or face, or if child vomits and symptoms are still present, **give epi-pen and call 911.**

STEP 5

Upon administering the epi-pen, child must be taken to the emergency for proper medical evaluation or call 911.

WARNING: Not all children react in the same way. In fact, some children may have a different reaction each time they are exposed to the same allergen. This guide is not meant to replace your physician's advice. Feel free to adjust it so that it is more in line with how your child reacts to the food he/she is allergic to.