

## 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>
<b>Face</b>	Redness, itchy eyes/nose, swelling of eyes, runny nose, sneezing	Swelling of lips and tongue, itchy mouth/tongue
<b>Skin</b>	Itching, redness, hives, swelling	
<b>Throat</b>		Itching, tightness, hoarse voice, hacking cough, trouble swallowing, trouble speaking, choking
<b>Lungs</b>		Trouble breathing, shortness of breath, repeating cough, wheezing
<b>Stomach</b>		Vomiting, nausea, stomach pain, diarrhea
<b>General</b>		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.