Recognize and Respond to Anaphylaxis

For a suspected or active food allergy reaction

**FOR ANY OF THE FOLLOWING SEVERE SYMPTOMS**

- **LUNG:** Short of breath, wheezing, repetitive cough
- **HEART:** Pale or bluish skin, faintness, weak pulse, dizziness
- **THROAT:** Tight or hoarse throat, trouble breathing or swallowing
- **MOUTH:** Significant swelling of the tongue or lips
- **SKIN:** Many hives over body, widespread redness
- **GUT:** Repetitive vomiting, severe diarrhea
- **OTHER:** Feeling something bad is about to happen, anxiety, confusion

**OR MORE THAN ONE MILD SYMPTOM**

- **NOSE:** Itchy or runny nose, sneezing
- **MOUTH:** Itchy mouth
- **SKIN:** A few hives, mild itch
- **GUT:** Mild nausea or discomfort

**INJECT EPINEPHRINE IMMEDIATELY**

1. Call 911
2. Request ambulance with epinephrine.

**Consider Additional Meds**
(After epinephrine):
- Antihistamine
- Inhaler (bronchodilator) if asthma

**Positioning**
Lay the person flat and raise legs. If breathing is difficult or they are vomiting, let them sit up or lie on their side.

**Next Steps**
- If symptoms do not improve, or symptoms return, more doses of epinephrine can be given about 5 minutes or more after the last dose.
- Transport to and remain in ER for at least 4 hours because symptoms may return.

Do not depend on antihistamines. When in doubt, give epinephrine and call 911.

©2017, Food Allergy Research & Education (FARE)