SIGNS AND SYMPTOMS OF ANAPHYLAXIS

Anaphylaxis (an-a-fi-LAK-sis) is a serious allergic reaction that comes on quickly and has the potential to become life-threatening. The most common anaphylactic reactions are to foods, venom, medications, and latex.

Anaphylaxis signs and symptoms that may occur alone (*) or in any combination after exposure to an allergen include:

MOUTH:

itching, tingling, swelling of the lips/tongue/palate (roof of the mouth)

* THROAT:

hoarseness, tightening of throat, difficulty swallowing, hacking cough, stridor (a loud, high-pitched sound when breathing in)

*LUNGS:

shortness of breath, wheezing, coughing, chest pain, tightness

GUT:

abdominal pain, nausea, vomiting, diarrhea

CNS/BRAIN:

anxiety, panic, sense of doom

EYES/NOSE:

runny nose, stuffy nose, sneezing, watery red eyes, itchy eyes, swollen eyes

SKIN:

hives or other rash, redness/flushing, itching, swelling

*CIRCULATION/HEART:

chest pain, low blood pressure, weak pulse, shock, pale blue color, dizziness or fainting, lethargy (lack of energy)

* IMMEDIATE & POTENTIAL LIFE-THREATENING SYMPTOMS

Consult with a board-certified allergist for an accurate diagnosis and management plan.

- Although the majority of individuals experiencing anaphylaxis have skin symptoms, some of the most severe cases have no rash, hives, swelling
- · EPINEPHRINE is the first-line of treatment for anaphylaxis
- Antihistamines, inhalers, & other treatments should only be used as secondary treatment
- ALWAYS CARRY TWO (2) epinephrine auto-injectors at all times
- When you, or someone you know, begin to experience symptoms, CALL 9-1-1 IMMEDIATELY!

FAACT

Food Allergy & Anaphylaxis
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AWARENESS • ADVOCACY • EDUCATION

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