WHAT IS ANAPHYLAXIS?

Anaphylaxis is a severe, life-threatening allergic reaction.¹

THERE ARE 9 FOODS THAT CAUSE THE MAJORITY OF SEVERE FOOD ALLERGY REACTIONS²⁻⁴:

- Peanuts
- Milk
- Shellfish
- Tree Nuts
- Sesame
- Eggs
- Fish
- Wheat
- Soy

SIGNS & SYMPTOMS

ANAPHYLAXIS CAN BE HARD TO IDENTIFY IN INFANTS AND TODDLERS. HERE ARE SOME THINGS TO WATCH FOR⁵:

- Sudden tiredness/seems ill/lethargic
- Irritability/insoluble crying
- Any difficulty breathing
- Dry cough
- Wheezing
- On lighter skin, hives appear as raised red bumps
- On darker skin, hives appear as raised bumps; color changes may not be as obvious
- Changes in appearance (color) of skin, fingers, or tongue
- New rash/raised bumps around the face (mouth, eyelids)
- Lip, face, or tongue swelling
- Persistent vomiting/splittng up
- Nausea and trouble swallowing
- Fast heartbeat
- Loose stools

HOW TO RESPOND

1 Look for signs and symptoms

Make sure you know what to watch for and are trained on how to use epinephrine.

2 Inject epinephrine immediately

It is generally better to inject if you are unsure.¹

3 Call 911

After calling 911, inform emergency contacts.

REMEMBER: An antihistamine will not properly treat a life-threatening allergic reaction. Only epinephrine can do that.¹

Always seek emergency medical treatment immediately after injection.

For general information purposes only. Please consult a healthcare professional if you have questions.

REFERENCES


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