

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 devices at all times

When you, or someone you know, begin to experience symptoms, CALL 9-1-1 IMMEDIATELY!



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