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

1 INJECT EPINEPHRINE IMMEDIATELY

2 Call 911

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.

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