What is anaphylaxis?
Anaphylaxis is a serious allergic reaction that is usually rapid in onset and may cause death.

Spot: Be aware of the signs of Anaphylaxis.
Airway/Breathing/Consciousness problems.

A. Airway
- Persistent cough
- Hoarse voice
- Difficulty swallowing
- Swollen tongue

B. Breathing
- Difficult or noisy breathing
- Wheeze or persistent cough

C. Consciousness
- Persistent dizziness
- Pale or floppy
- Suddenly very sleepy
- Collapse/unconscious

Treat:
- Lie flat with legs raised (if breathing is difficult, allow to sit)
- Administer intramuscular epinephrine (adrenaline) immediately if available
- Epinephrine (adrenaline) for injection, such as auto-injector or pre-filled syringe:
  - Have them available
  - Know when to inject
  - Know how to inject

Call for help - ambulance

Prevent: Allergen avoidance
Avoid the triggers (allergens and other factors) that you know can cause you reactions

Foods
- Peanut
- Tree nuts
- Soybean
- Egg
- Fish
- Shellfish
- Fruits
- Sesame
- Milk
- Peanuts

Medications
- Antibiotics
- NSAIDs
- Non-steroidal anti-inflammatory drugs
- Biologic agents
- Occupational allergens
- Natural Rubber latex
- Ethanol
- Aeroallergens
- Radiocontrast media

Improve confidence
- Always carry self-injectable epinephrine (adrenaline) for use according to your physician’s recommendations
- Make sure you know when and how to self-inject: speak to your physician

Increase awareness
Make a written emergency plan, keep it with you, and share it with others

Disclaimer:
Do not consider this information to be medical advice. Consult your physician about anaphylaxis and allergic diseases, or any health matter.

Source:

Join the conversation:
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Are you prepared to stop anaphylaxis?