



SToP Anaphylaxis

Be aware. Be prepared. Save lives.

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www.WorldAllergyWeek.org



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.

Airway

- Persistent cough
- Hoarse voice
- Difficulty swallowing
- Swollen tongue

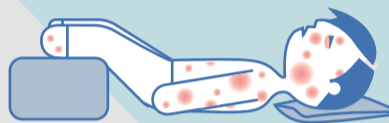
Breathing

- Difficult or noisy breathing
- Wheeze or persistent cough

Consciousness

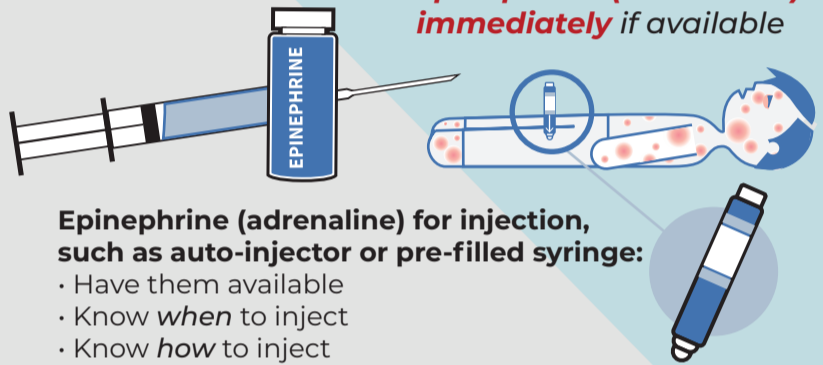
- Persistent dizziness
- Pale or floppy
- Suddenly very sleepy
- Collapse/unconscious

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

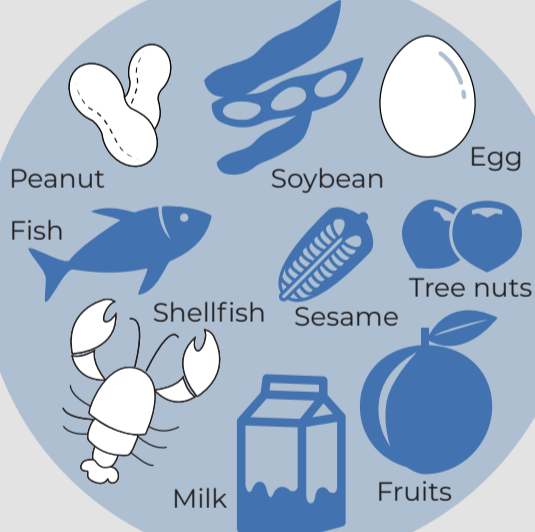
Disclaimer:
Do not consider this information to be medical advice. Consult your physician about anaphylaxis and allergic diseases, or any health matter.

Prevent:

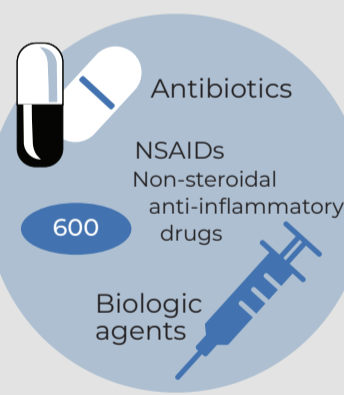
Allergen avoidance

Avoid the the triggers (allergens and other factors) that you know can cause you reactions

Foods



Medications



Physical factors
(e.g. exercise, cold, heat, sunlight)



Seminal fluid

Venoms



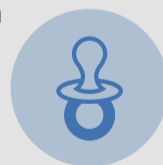
Stinging insects



Radiocontrast media



Occupational allergens



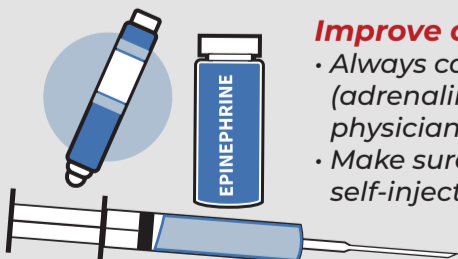
Natural Rubber latex



Ethanol

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

Join the conversation:

#worldallergyweek
#SToPanaphylaxis

Twitter: @worldallergy

Facebook: www.facebook.com/worldallergy.org

Are you prepared to stop anaphylaxis?

Source: "World Allergy Organization Anaphylaxis Guidance 2020", published in World Allergy Organization Journal 2020, Volume 13, Issue 10 (30 October). <https://doi.org/10.1016/j.waojou.2020.100472>

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A World Federation of Allergy, Asthma & Clinical Immunology Societies