**ANAPHYLAXIS**

Be aware. Be prepared. Save lives.

WORLD ALLERGY WEEK 2021 • 13 - 19 JUNE

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**What is anaphylaxis?**

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

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**Prevent: Allergen avoidance**

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

**Spot: Be aware of the signs of Anaphylaxis.**

- Airway/breathing/Consciousness problems.

**Treat:**

- Lie flat with legs raised (if breathing is difficult, allow to sit).
- Administer intramuscular epinephrine (adrenaline) immediately if available.
- Call for help - ambulance.

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**Calling: Epinephrine (adrenaline) for injection, such as auto-injector or pre-filled syringes:**

- Have them available.
- Know when to inject.
- Know how to inject.

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**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.

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**Increase awareness**

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

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**Join the conversation:**

- #worldallergyweek
- #SToPAnaphylaxis
- Twitter: @worldallergy
- Facebook: www.facebook.com/worldallergy.org

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**Disclaimer:**

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

**Source:**


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**About:**

A World Federation of Allergy, Asthma & Critical Care Immunology Societies