




# 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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