



Anaphylaxis is a **severe allergic reaction** that is rapid in onset and may cause death. **Anaphylaxis** occurs when there is a **progression of symptoms**, symptoms in **more than one body part** or **respiratory** or **circulatory** issues.

FOR **ANY** OF THE FOLLOWING **SEVERE SYMPTOMS**



LUNG - Short of breath, wheezing, repetitive cough



HEART - Pale, blue, faint, weak pulse, dizzy



THROAT - Tight, horse, trouble breathing/swallowing



MOUTH - Significant swelling of the lips, mouth or face



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/runny nose, sneezing



MOUTH - Itchy mouth



SKIN - A few hives, mild itch



GUT - Mild nausea/discomfort

1

INJECT EPINEPHRINE IMMEDIATELY

2

CALL 911 - Request an ambulance with epinephrine

POSITIONING - Lay the person flat and raise their 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 & call 911