

Anaphylaxis is a life-threatening allergic reaction that affects more than one organ system.

## Allergens that can set off anaphylaxis

### FOOD



- Peanuts
- Tree nuts: almonds, pecans, cashews, walnuts
- Shellfish
- Cow's milk products
- Hen's eggs
- Fish
- Soy
- Wheat
- Sesame

### MEDICATION



- Penicillin
- Aspirin, ibuprofen and other NSAID pain relievers

### VENOM



- Yellow jackets
- Wasps and hornets
- Honeybees
- Fire ants
- Spiders

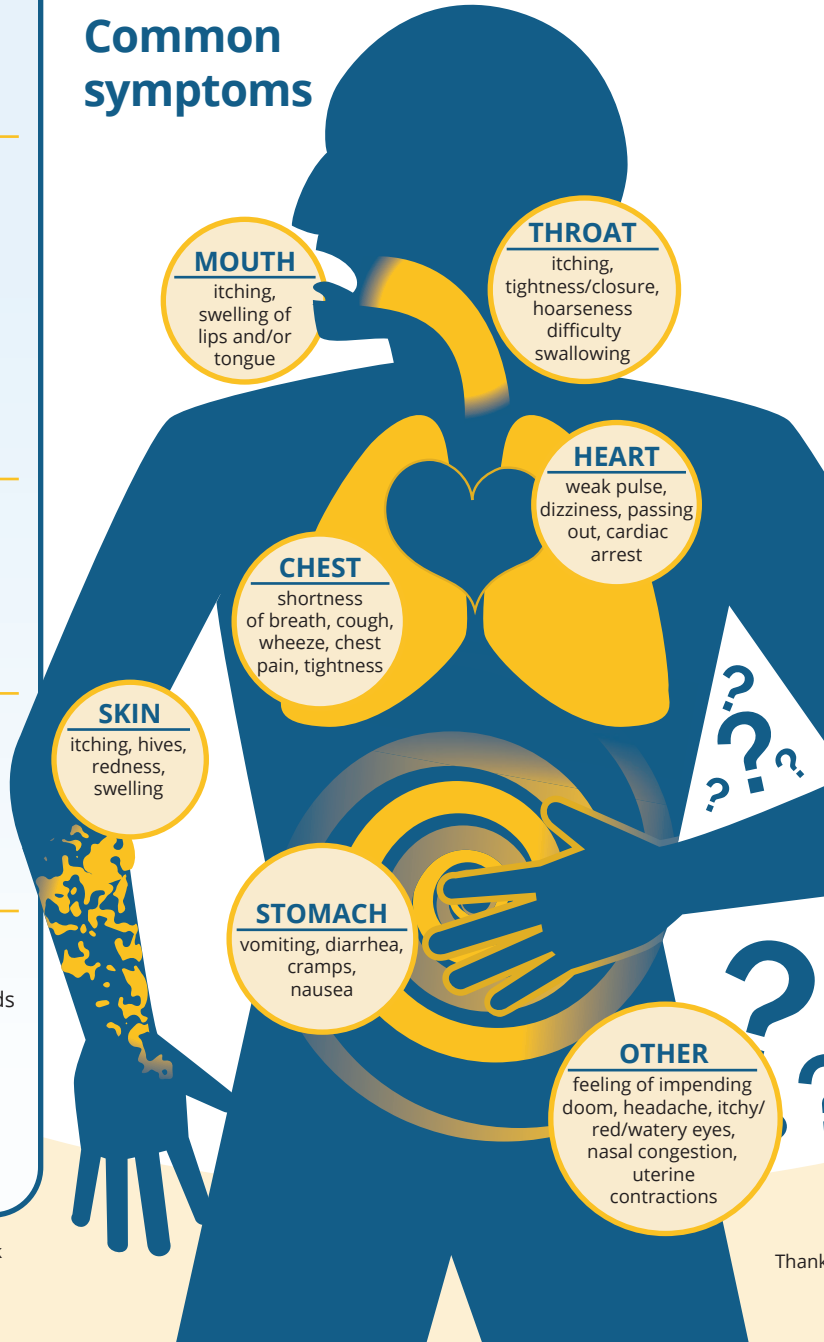
### LATEX



- Balloons
- Rubber gloves
- Rubber bands/elastic bands
- Bathmats/yoga mats
- Condoms
- Dental dams

Foods with cross-reactive proteins to latex: banana, avocado, chestnut and kiwi

## Common symptoms



### MOUTH

itching, swelling of lips and/or tongue

### THROAT

itching, tightness/closure, hoarseness, difficulty swallowing

### HEART

weak pulse, dizziness, passing out, cardiac arrest

### CHEST

shortness of breath, cough, wheeze, chest pain, tightness

### SKIN

itching, hives, redness, swelling

### STOMACH

vomiting, diarrhea, cramps, nausea

### OTHER

feeling of impending doom, headache, itchy/red/watery eyes, nasal congestion, uterine contractions

## Epi First, Epi Fast!

### RECOGNIZE THE SEVERITY



Anaphylaxis is potentially life-threatening, unpredictable, presents in different ways, and can progress quickly.

### CARRY EPINEPHRINE WITH YOU



Epinephrine is the first line of treatment for anaphylaxis. Always keep epinephrine on hand. You need two devices in case symptoms recur.

### USE EPINEPHRINE IMMEDIATELY



Epinephrine can stop the progression of anaphylaxis. Use epinephrine at the first sign of symptoms. Don't wait to see what happens. Any delay can worsen symptoms.

### MONITOR SYMPTOMS



Closely monitor the anaphylactic episode. Call for emergency medical help and consider a second dose of epinephrine if you have severe anaphylaxis, if symptoms do not go away promptly or completely, or if symptoms return or worsen.

### FOLLOW UP WITH YOUR DOCTOR



Consult a board-certified allergist for an accurate diagnosis if needed. Work together to develop a prevention and treatment plan.