

WHAT IS ANAPHYLAXIS?

Anaphylaxis is a severe, life-threatening allergic reaction.¹

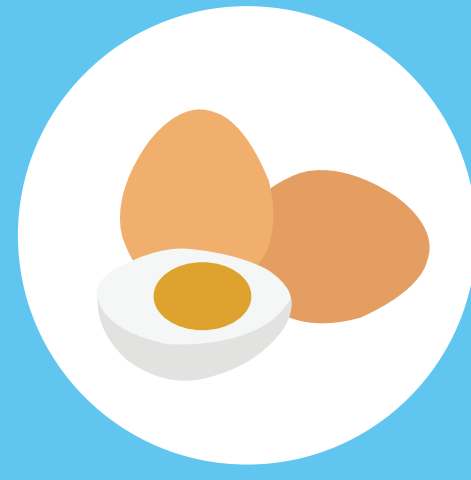
SOME REPORTED TRIGGERS FOR EMERGENCY DEPARTMENT VISITS INCLUDE^{2,3}:



Milk



Peanuts



Eggs



Tree Nuts

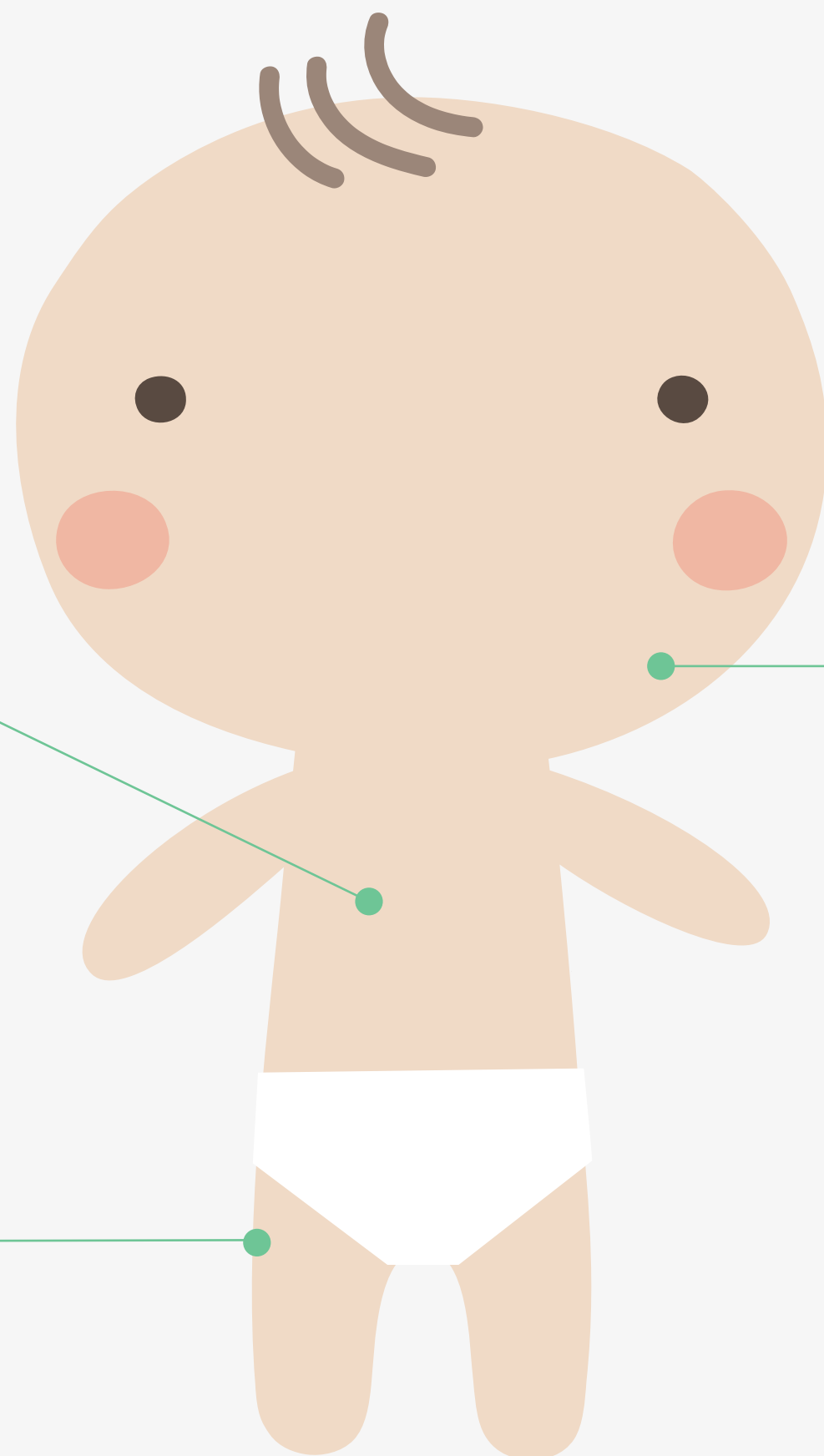
SIGNS & SYMPTOMS

ANAPHYLAXIS CAN BE HARD TO IDENTIFY IN INFANTS AND TODDLERS.
HERE ARE SOME THINGS TO WATCH FOR⁴:

Any difficulty breathing

Repetitive cough

Wheezing



New rash/
hives around the
mouth or face

Lip, face or
tongue swelling

Persistent vomiting/
spitting up

Widespread hives
all over the body

Change in skin color
(pale or blue)

Sudden tiredness/
seeming limp/
lethargic

HOW TO RESPOND

1

Look for signs
and symptoms

Make sure you know what to watch for and are trained on how to use epinephrine.

2

Inject
epinephrine
immediately

It is generally better to inject if you are unsure.¹

3

Call 911

After calling 911, inform the child's caregivers.

REMEMBER: An antihistamine will not properly treat a life-threatening allergic reaction. Only epinephrine can do that.¹

Always seek emergency medical treatment immediately after injection.

For general information purposes only. Please consult a healthcare professional if you have questions.

REFERENCES

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3. Blue Cross Blue Shield Association (BCBSA). The Health of America Report. Childhood allergies in America: severe allergic reactions causing more emergency room visits for U.S. children. <https://www.bcbs.com/the-health-of-america/reports/childhood-allergies-america>. Published March 13, 2018. Accessed April 8, 2020.
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