

# WHAT IS ANAPHYLAXIS?

Anaphylaxis is a severe, life-threatening allergic reaction.<sup>1</sup>

THERE ARE 9 FOODS THAT CAUSE THE MAJORITY OF SEVERE FOOD ALLERGY REACTIONS<sup>2-4</sup>:



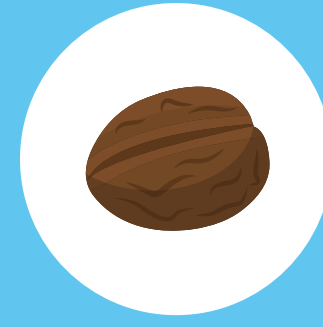
Peanuts



Milk



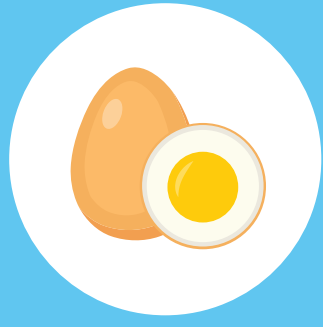
Shellfish



Tree Nuts



Sesame



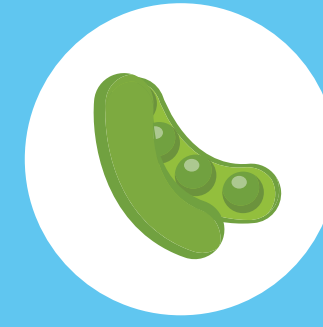
Eggs



Fish



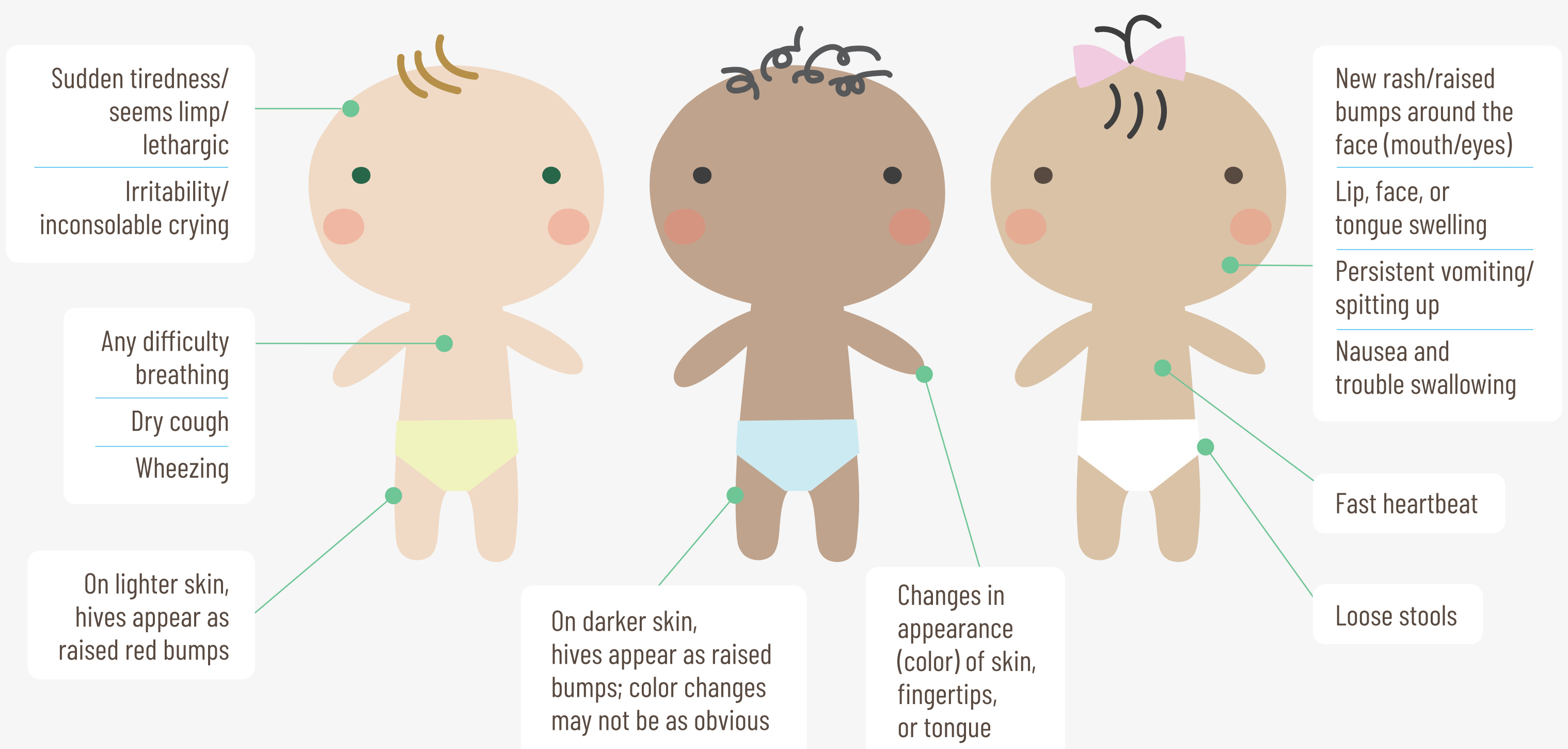
Wheat



Soy

## SIGNS & SYMPTOMS

ANAPHYLAXIS CAN BE HARD TO IDENTIFY IN INFANTS AND TODDLERS.  
HERE ARE SOME THINGS TO WATCH FOR<sup>5</sup>:



## 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.<sup>1</sup>

3

Call 911

After calling 911, inform  
emergency contacts.

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

Always seek emergency medical treatment immediately after injection.

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

### REFERENCES

1. Shaker MS, Wallace DV, Golden DBK, et al. Anaphylaxis—a 2020 practice parameter update, systematic review, and Grading of Recommendations, Assessment, Development and Evaluation (GRADE) analysis. *J Allergy Clin Immunol.* 2020;145(4):1082–1123.
2. Food Allergy Research & Education. Common Allergens. Food Allergy Research & Education website. <https://www.foodallergy.org/living-food-allergies/food-allergy-essentials/common-allergens>. Accessed July 26, 2021.
3. Gupta RS, Warren CM, Smith BM, et al. The public health impact of parent-reported childhood food allergies in the United States. *Pediatrics.* 2018;142(6):e20181235.
4. Gupta RS, Warren CM, Smith BM, et al. Prevalence and severity of food allergies among US adults. *JAMA Netw Op.* 2019;2(1):e185630.
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