

SIGNS & SYMPTOMS OF ANAPHYLAXIS

Anaphylaxis is a serious allergic reaction that can quickly progress after initial symptom onset. Only a few symptoms may be present and some can be life-threatening. Symptoms include^{1,2}:

BREATHING

- Shortness of breath
- Wheezing or coughing
- Tight or hoarse throat

CIRCULATION

- Weak pulse
- Fainting or dizziness
- Changes in appearance (color) of skin, fingertips, or tongue

SKIN

- Hives
 - On darker skin, hives appear as raised bumps; color changes may not be as obvious
 - On lighter skin, hives appear as raised red bumps

BRAIN

- Feeling of doom
- Confusion
- Agitation

FACE

- Lip, face, or tongue swelling
- Trouble swallowing

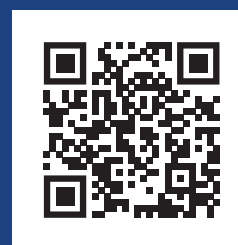
STOMACH

- Vomiting
- Diarrhea
- Cramping

It is important to recognize the signs and symptoms of anaphylaxis and respond quickly!

! TO STAY PREPARED:

- Always avoid known allergens
- Make sure you have access to 2 epinephrine auto-injectors
- Administer epinephrine if you suspect anaphylaxis, and call 911 immediately for emergency assistance¹



SCAN THE QR CODE
ABOVE TO SEE HOW
TO INJECT EPINEPHRINE

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

References: 1. Lieberman P, Nicklas RA, Randolph C, et al. Anaphylaxis—a practice parameter update 2015. *Ann Allergy Asthma Immunol.* 2015;115(5):341-384. 2. 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;154(4):1082-1123.

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