Anaphylaxis is a severe, life-threatening allergic reaction, usually to food, insect venom, medication or latex. Symptoms include: hives, swelling of lips and/or tongue, coughing, wheezing, vomiting, shortness of breath, dizziness, chest tightness, headache, weak pulse, confusion and loss of consciousness.



YOU NEED

ALWAYS CARRY
2 EPINEPHRINE AUTO-INJECTORS

itching, swelling of lips and/or tongue

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

SKIN itching, hives, redness, swelling

STOMACH womiting, diarrhea, cramps

OTHER feeling of impending doom, headache, headache, headache, and headache, headache, and headache, head

THROAT

itchy/red/watery eyes nasal congestion

1st line of treatment = Epinephrine

Why "You Need 2"

15-30% of all anaphylaxis patients experience a 2nd reaction (called a biphasic reaction)



Almost **20%** of children experiencing a food-related anaphylaxis reaction will experience a 2nd reaction



Keep Watching

A **2nd reaction** can occur within **5 to 15 minutes** after the 1st dose is administered.

It can also occur between **8 and 72 hours** after the 1st reaction.

Any delay of treatment = Greater chance for hospitalization + Greater risk for death

Don't delay anaphylaxis treatment!

Sources: • Guidelines for the Diagnosis and Management of Food Allergy in the United States – National Institute of Allergy & Infectious Diseases (NIAID)

 Use of Multiple Doses of Epineprhine in Food-Induced Anaphylaxis in Children – Jarvinen, K.; Sicherer, S.; Sampson, H.; Nowak-Wegrzyn, A. – Journal of Allergy and Clinical Immunology



Seeing is believing