

ANAPHYLAXIS

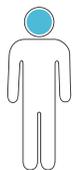
WHAT IS ANAPHYLAXIS?

Anaphylaxis is the most serious form of an allergic reaction that occurs after being exposed to a particular allergy trigger (even a small amount). Medical attention is needed right away as some reactions can be life-threatening.

SYMPTOMS

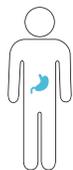
A serious allergic reaction can start within minutes of coming into contact with an allergy trigger and may include any or all of these symptoms. Know how to spot the signs and remember to

THINK "FAST"



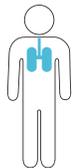
Face

itching, redness, swelling



Stomach

pain, vomiting, diarrhea, nausea



Airway

trouble breathing, coughing, wheezing, trouble swallowing and speaking



Total body

hives, weakness, paleness, sense of doom, loss of consciousness

Other: dizziness, pale/blue colour

TREATMENT

Epinephrine is **life-saving medication** which helps to reverse the symptoms of an allergic reaction. In case of a serious allergic reaction, check for medical I.D., act quickly and follow these steps:



Use an epinephrine auto-injector (e.g. EpiPen®) as soon as the reaction starts.



Call 9-1-1 or local emergency medical services.



Give a second dose of epinephrine as early as 5 minutes after the first dose if there is no improvement in symptoms.



Go to the nearest hospital right away (ideally by ambulance) even if symptoms are mild or have stopped.



Call the emergency contact person.

CAUSES

The most common allergens in Canada are:



Peanuts



Tree Nuts



Eggs



Milk



Wheat



Sesame



Soy



Mustard



Seafood (Fish, Crustaceans and Shellfish)

Other allergens:



Insect Stings



Latex



Medication

Where can I get more information on anaphylaxis?

Food Allergy Canada
www.foodallergycanada.ca

Why Risk It? Site for Teens
www.whyriskit.ca

ELEMENTARY
SCHOOL
ALLERGY
AWARENESS
CHALLENGE

WITH  Food Allergy Canada

Give us a call at 1-866-785-5660