
Anaphylaxis

What is anaphylaxis?

Anaphylaxis is a severe, life threatening, allergic reaction, which may occur in certain people with allergy, after being exposed to a food, medication, insect sting, latex and sometimes exercise. **This is a major medical emergency that may affect the whole body. It must be treated right away.**

What are the symptoms of anaphylaxis?

A person with anaphylaxis may have any of these:

Face	itchy eyes or nose, flushed face, swollen lips or tongue, a metallic taste
Throat	itchy, tight or hoarse throat, dry or hacking cough, trouble swallowing or choking
Skin	itchy or red skin, hives, swelling anywhere on the body
Chest and Lungs	tightness in chest, trouble breathing, shortness of breath, wheezing, coughing,
Stomach	stomach pain, nausea, vomiting, diarrhea
All over	dizziness, fainting, feeling unsteady or sleepy,

How is anaphylaxis treated?

- 1. If you or another person may be having anaphylaxis, give the epinephrine auto-injector right away even if you are not sure.** This will not cause any harm.
2. Always go to the hospital as the reaction may get worse. It is best to call 911.
3. If there are still symptoms, give another injection from a second epinephrine auto-injector after 15 minutes.

There are several brands of epinephrine auto-injectors. Use the brand recommended by your health care provider.

Helpful hints to protect yourself:

- It is best to avoid the things and situations that are known to trigger severe allergic symptoms.
- If you have had a reaction after an insect sting, you may need allergy shots for insect allergy. Ask your doctor or health care provider to refer you to a specialist called an allergist.
- If allergic to insect stings, do not go barefoot. Do not wear perfume or bright coloured clothes outdoors as these attract insects.
- If someone in the home is allergic to a food such as peanut, do not bring anything with that food into the house.
- When you have a food allergy and eat out, talk to the server and ask about menu items. Read food labels carefully.
- Always carry an epinephrine auto-injector and have it available. Friends and family should know how and when to use it.