

ANAPHYLAXIS = KILLER

Key messages in anaphylaxis education
for individuals at risk and their caregivers, and for the general public

Who is at risk?

Anyone, especially those allergic to foods such as peanut, tree nut, seafood, milk, or egg, or to insect stings or bites, natural rubber latex, or medications.

When can it happen?

Within minutes, anytime the allergic person comes in contact with his or her trigger.

How do we know?

Several symptoms occur at the same time, such as: itching, hives, flushing, difficulty breathing, vomiting, diarrhea, dizziness, confusion, or shock.

Where can it happen?

Anywhere; for example, home, restaurant, school, child care or sports facility, summer camp, car, bus, airplane.

What should we do?

Auto-injector epinephrine, call 911 or your local emergency medical services number, and notify the individual's family (in that order)! Act quickly. Anaphylaxis can be mild, or it can be fatal.

Why is follow-up needed?

Anaphylaxis can occur repeatedly. The trigger needs to be confirmed, and long-term preventive strategies need to be implemented.

Visit aaaai.org for more information on anaphylaxis.