

# ANAPHYLAXIS

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, sesame 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?**

Use 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](http://aaaai.org) for more information on anaphylaxis.**