

ALLERGIC REACTIONS

Could YOU save a life?

After eating or being stung by an insect, a person at risk for anaphylaxis might have any of these symptoms.

Think **F.A.S.T...**



Face

Hives, itching, redness, swelling of face, lips or tongue

Airway

Trouble breathing, swallowing or speaking, nasal congestion, sneezing

Stomach

Stomach pain, vomiting, diarrhea

Total Body

Hives, itching, swelling, weakness, dizziness, sense of doom, loss of consciousness

then **ACT...**

Give Epinephrine

- Give epinephrine (e.g. EpiPen®, Allerject®) at the first sign of a reaction.
- The first signs may be mild, but symptoms can get worse quickly.
- Repeat as early as 5 minutes if symptoms do not improve.

Educational videos for EpiPen Use:

Youtube: Anaphylaxis in Infants: Use Epinephrine (11-month-old)



Youtube: Watch this 5 year old have anaphylaxis and use her EpiPen®

(* note this video is a bit out of date- you only need to hold the EpiPen in place for 3 seconds, not 10)



Educational Websites

Allergyaware.ca

Free courses designed for parents, caregivers, teachers for allergy and anaphylaxis education.



Food Allergy Canada

Best parent resource for food allergies and anaphylaxis resources

