

Anaphylaxis: Be Prepared

If your doctor says that you are at risk of anaphylaxis:

1. Always carry your autoinjectable epinephrine. This medication is injected into the thigh muscle during a serious allergic reaction.
 - ✓ Know how to use the autoinjector.
 - ✓ Teach family and others in close contact with you how to use it.
2. Fill out an Anaphylaxis Action Plan.
 - ✓ Download the Anaphylaxis Action Plan at www.aaai.org
 - ✓ Keep your personalized plan on file at home, school, work or places where others may need to recognize symptoms.

My physician's phone number is:

ENT & Allergy
ASSOCIATES

Warning Signs of Anaphylaxis

Anaphylaxis (an-a-fi-LAK-sis) is a life-threatening allergic reaction. The most common anaphylactic reactions are caused by allergies to foods, insect stings, medications and latex.

Symptoms typically affect more than one part of the body and may include:

- Itchy red rash with hives/welts
- Flushed skin
- Swollen or tight throat
- Hoarse voice
- Trouble swallowing or breathing
- Wheezing or cough
- Chest tightness
- Dizziness or passing out
- Vomiting
- Diarrhea
- Stomach cramping
- Feeling of impending doom

Symptoms typically start within 5 to 30 minutes of coming in contact with an allergen. But in some cases it may take more than an hour to notice anaphylactic symptoms.

If you think you are having an anaphylactic reaction, use your autoinjectable epinephrine and call 911 immediately. Your life may depend on it!