Anaphylaxis Awareness—
What You Can Do

Did You Know?

- Anaphylaxis (Ana-fil-akses) is a severe life-threatening allergic reaction resulting from exposure to allergens.
- It may result in death.
- Food allergies are the most common cause of anaphylaxis.

Food allergies are on the rise.

- Food allergies affect 8% of children under the age of 18 and 4% of adults.
- Twenty-five percent of school-day reactions happen to children who didn’t know they had an allergy.
- Peanuts, bee stings, and latex are all common allergens that can cause anaphylaxis.

Protect Yourselves

The signs and symptoms of an anaphylactic reaction may include one or more of the following:

- Sudden hives
- Lip swelling
- Trouble breathing or wheezing
- Dizziness
- Nausea

Strict avoidance of known allergens must be the first line of defense in reducing the risk of anaphylactic reactions. Additionally, if you or a family member are allergic, it is important to have a food allergy management plan in place.

An anaphylactic reaction can occur suddenly and is potentially life-threatening. If you think that you or a family member may be at risk for anaphylaxis, check with a doctor. Epinephrine auto-injectors may be the right choice.

If you or your child have been diagnosed with a severe allergy or have been prescribed an epinephrine auto-injector, you should have one accessible at all times. While having an epinephrine auto-injector is important, it does not prevent a reaction from occurring. Remaining vigilant is critical.

Epinephrine/epinephrine auto-injector is considered to be the first-line treatment of choice. Seek immediate emergency medical treatment after use.

Be sure to follow your product’s storage instructions.

Here are some places where you may want to consider having an epinephrine auto-injector available for YOUR CHILD:

- Caregiver/relative’s house
- After-school activities (sports, music, etc)
- School gym
- School cafeteria
- Parks
- Birthday parties
- Nurse’s office
- After-school programs
- Camp
- Travel (travel sports teams, family vacations)

Here are some places where YOU may want to consider having an epinephrine auto-injector available:

- Office
- Backpack/Knapsack
- Gym bag
- Business suitcase
- Vacation suitcase
- Dining out

References: