

ANAPHYLAXIS CAN BE LIFE THREATENING

Anaphylaxis Occurs in About 1 in 20 Americans

At Least 40 Deaths Occur Each Year Due to Insect Sting Reactions

Most allergy sufferers develop mild to moderate symptoms including watery eyes, a runny nose or a rash. However, for some, exposure to an allergen can cause a life-threatening allergic reaction known as anaphylaxis.

This resource has been design to educate patients on what anaphylaxis is, symptoms, common triggers and Be S.A.F.E action steps.

01 | What is Anaphylaxis?

Anaphylaxis is a severe reaction that occurs when an over-release of chemicals puts a person into shock. Allergies to food, insect stings, medications and latex are most frequently associated with anaphylaxis.

02 | Symptoms

Anaphylactic symptoms can occur suddenly and can progress quickly from mild to severe. Symptoms include:

- Trouble breathing
- Hives or swelling
- Tightness of the throat
- Hoarse voice
- Nausea
- Vomiting
- Abdominal pain
- Diarrhea
- Dizziness
- Fainting
- Low blood pressure
- Rapid heart beat
- Feeling of doom
- Cardiac arrest

03 | Triggers

Allergic triggers vary, the most common triggers include:

- Food: including peanuts, tree nuts such as walnuts and pecans, fish, shellfish, cow's milk and eggs.
- Latex: found in disposable gloves, intravenous tubes, syringes, adhesive tapes and catheters.
- Medication: including penicillin, aspirin and non-steroidal anti-inflammatory drugs such as ibuprofen, and anesthesia.
- Insect sting: with bees, wasps, hornets, yellow jackets and fire ants

04 | Be S.A.F.E. Action Guide

Allergists and emergency physicians have created the Be S.A.F.E. action guide to outline the steps to take during and after an allergic emergency.

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| S | Seek immediate medical help |
| A | Identify the Allergen |
| F | Follow up with a specialist |
| E | Carry Epinephrine for emergencies |

For more additional anaphylaxis resources and information, please visit:

<http://www.foodallergy.org/most-popular-resources>

***Did You Know?**
Allergies have increased by
50% in the U.S.*

References

<http://www.aafa.org/page/anaphylaxis-in-america.aspx>

<http://www.foodallergy.org/anaphylaxis>

<http://www.anaphylaxis.org.uk/information-resources/>