

Anaphylaxis Canada

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/lightheadedness, 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 in 5 – 15 minutes if reaction continues or gets worse.

Call 9-1-1

- Go by ambulance to the nearest hospital, even if symptoms are mild or have stopped.

The F.A.S.T. concept developed by Anaphylaxis Canada

THE BASICS

This fact sheet is a guide

What it is	Anaphylaxis is a severe allergic reaction that is the swelling of various tissues in the body.
Causes	• Medicines, especially antibiotics, aspirin, and painkillers. • Foods, especially peanuts, eggs, milk, and soy. • Insect stings.
Symptoms	• Swelling. • Hives. • Difficulty breathing.
Treatment	• There are two types of treatments, oral and intramuscular. • Epinephrine is the first treatment.
What You Can Do To Help	• Be prepared: have an epinephrine autoinjector. • Be aware of what you eat and drink. • If you are a phone user, call 9-1-1. For more information, visit the website at www.anaphylaxis.ca.

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