Anaphylaxis is a severe, life-threatening allergic reaction, usually to food, insect venom, medication or latex. Symptoms include: hives, swelling of lips and/or tongue, coughing, wheezing, vomiting, shortness of breath, dizziness, chest tightness, headache, weak pulse, confusion and loss of consciousness.



YOU 2 NEED 2

ALWAYS CARRY
2 EPINEPHRINE AUTO-INJECTORS

MOUTH
itching,
swelling of
lips and/or
tongue

THROAT

itching,
tightness/closure
hoarseness
difficulty
swallowing

shortness of breath, cough, wheeze, chest pain, tightness

SKIN itching, hives Weak pulse, dizziness, passing out, cardiac arrest

STOMACH
vomiting,
diarrhea,
cramps

other feeling of impending doom, headache, itchy/red/watery eyes, nasal congestion

1st line of treatment = Epinephrine

Why "You Need 2"

15-30% of all anaphylaxis patients experience a 2nd reaction (called a biphasic reaction)



Almost **20%** of children experiencing a food-related anaphylaxis reaction will experience a 2nd reaction





Keep Watching

A **2nd reaction** can occur within **5 to 15 minutes** after the 1st dose is administered.

It can also occur between **8 and 72 hours** after the 1st reaction.

Any delay of treatment = Greater chance for hospitalization + Greater risk for death

Don't delay anaphylaxis treatment!

Sources: • Guidelines for the Diagnosis and Management of Food Allergy in the United States – National Institute of Allergy & Infectious Diseases (NIAID)

 Use of Multiple Doses of Epineprhine in Food-Induced Anaphylaxis in Children – Jarvinen, K.; Sicherer, S.; Sampson, H.; Nowak-Wegrzyn, A. – Journal of Allergy and Clinical Immunology



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