

Be Allergy Aware & Save a Life

Anaphylaxis is a serious reaction to allergens such as food, insect stings, medication & latex. The body thinks it's fighting something which shouldn't be there and sends out special chemicals to fight back.







People may experience mild or moderate symptoms including:

- > Itchy skin rash
- > Itchy/tingling mouth
- > Swelling of lips, face or eyes
- > Tummy pain or vomiting

What are the signs of a severe allergic reaction?

- > Hard to swallow / coughing
- > Difficult to breathe / noisy breathing
- > Feeling dizzy, floppy or sleepy
- 1. An allergic reaction can become serious quickly, so a special adrenaline pen must be used immediately
- 2. Then call 999 and tell them the person is suffering from anaphylaxis (ana-fil-axis)







