



Anaphylaxis Information Matters

Life-threatening allergic reactions? Take AIM.

Anaphylaxis is an extreme and severe allergic reaction. The whole body is affected, often within minutes of exposure to the substance which triggers the allergic reaction.

Anaphylaxis Information Matters – it will help you to keep as safe as possible.

Don't be in the dark. AIM to know more. You matter!

 **Anaphylaxis**
Campaign

Supporting people at risk of severe allergies

Anaphylaxis

- Assess risk via allergy history with healthcare professional, including asthma
- Identify and avoid triggers
- Recognise symptoms

Information

- Ensure you get medical advice and guidance
- Referral to Allergy Centre if at risk
- Investigations, treatment and emergency care plan

Matters

- Understand your allergies, risks, care plan and medication
- Check, check and check again (food labels, contents of meals, expiry dates of medicines)
- Protect yourself by letting others know about your risks, your medication and what to do in an emergency and remember, TakeTheKit with you everywhere, every time!

Helpline Tel 01252 542029 Email info@anaphylaxis.org.uk
For more information visit anaphylaxis.org.uk

