

# Be Allergy Aware & Save a Life

Anaphylaxis is a serious and life-threatening reaction to allergens such as food, insect stings, medication & latex.

Recognise the **ABC symptoms** and act quickly - you could save a life.

## WHAT TO LOOK FOR

### A Airway

- Persistent cough
- Vocal changes (hoarse voice)
- Difficulty swallowing
- Swelling in throat, tongue or upper airway

### B Breathing

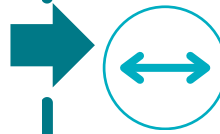
- Difficult or noisy breathing
- Wheezing

### C Consciousness/Circulation

- Feeling lightheaded or faint
- Clammy skin
- Confusion, sudden sleepiness
- Unresponsive/ unconscious [due to a drop in blood pressure]

These severe symptoms may occur alongside milder stomach or skin symptoms.

**Anaphylaxis may occur without any skin symptoms.**



## WHAT TO DO

1. Lay the person flat and raise their legs - do NOT allow them to stand or walk anywhere.  
A. If unconscious, place them in the recovery position  
B. If breathing is difficult, allow them to sit up



2. Administer an adrenaline auto-injector without delay [refer to device label for instructions]



3. Phone 999 and tell them the person is suffering from anaphylaxis (anna-fill-ax-is)



4. If there is no improvement of symptoms after 5 minutes, a second dose of adrenaline can be given

**Medical observation in hospital is recommended after anaphylaxis**



01252 542029



info@anaphylaxis.org.uk



anaphylaxis.org.uk