

Signs and symptoms of anaphylaxis

Symptoms of **anaphylaxis** generally include 2 or more body systems:

Skin

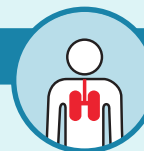


hives, swelling,
itching, warmth,
redness



Hives don't always appear.

Breathing



coughing, wheezing,
shortness of
breath, chest
pain or tightness,
throat tightness,
hoarse voice, nasal

congestion or hay fever-like symptoms (runny, itchy nose and watery eyes, sneezing), trouble swallowing, choking feeling

Stomach



nausea,
pain or cramps,
vomiting, diarrhea

Heart



paler than normal
skin colour/blue
colour, weak
pulse, passing
out, dizziness or
lightheadedness



Symptoms may not always look as severe as in the images shown.



Treat anaphylaxis **right away**,
don't wait for symptoms
to progress.



Breathing or heart symptoms
alone can be **anaphylaxis**.



**KNOW IT.
TREAT IT.**
anaphylaxis

*This resource is part of the Know it. Treat it. initiative
to empower Canadians and take the fear out of anaphylaxis.*

foodallergycanada.ca/KnowIt

Anaphylaxis in babies and children

Make sure you are able to recognize symptoms of anaphylaxis in babies, and learn how children may describe symptoms. Depending on the age/maturity level of a child, ensure they know to tell you if they are not feeling well/having a reaction.



Babies

There may be a noticeable change in the sound of their cry, drooling, vomiting immediately after feeding, or behavioural changes like irritability, unexpectedly become very sleepy or difficult to wake up, and/or clinging to a caregiver.



Vomiting



Drooling



Sudden tiredness



Children

Children may say things to describe their symptoms, like:



"my mouth feels funny"



"my tongue is itchy"



"the food is spicy"