

# Signs and symptoms of anaphylaxis

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

## Skin

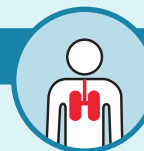


hives, swelling, itching, warmth, redness



*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](http://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"*