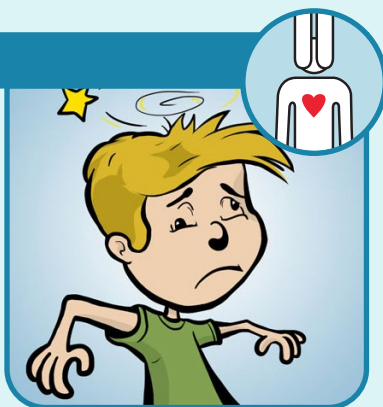


Symptoms of anaphylaxis

Any one of the symptoms below is considered severe (anaphylaxis):

Heart

Feeling faint or dizzy;
weak pulse; pale;
blue or grey skin,
lips or nails



Lungs/Throat

Shortness of breath;
wheezing; coughing;
difficulty talking
or hoarse voice;
drooling



Stomach

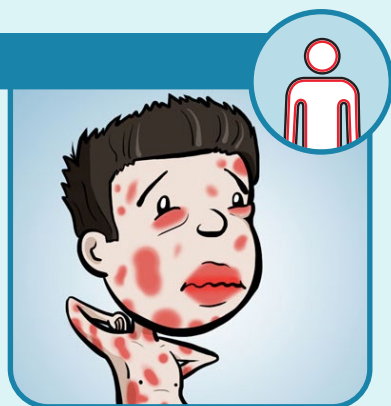
Repetitive vomiting
or diarrhea; severe
abdominal pain



Skin

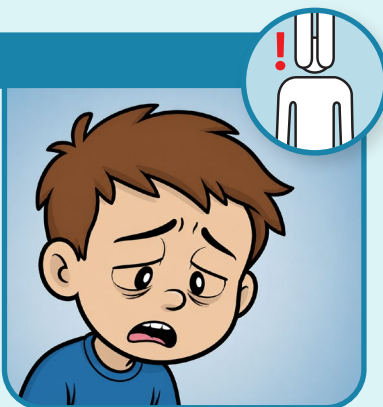
Widespread hives
or flushing; severe
itching; severe
swelling of face
or eyes

! Hives don't
always appear.



Other

Sense of doom;
confused; agitated;
decreased activity



**Treat anaphylaxis
with epinephrine
right away.**

! Symptoms may not always look
as extreme as in the images shown.

Visit foodallergycanada.ca/KnowIt to learn more about the symptoms of anaphylaxis.

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

More severe symptoms can include:

-  Swelling of the lips, eyes, or face
-  Vomiting
-  Hives all over the body
-  Breathing symptoms such as repetitive cough, wheeze, or any difficulty breathing
-  A change in skin colour (pale, blue)
-  Sudden tiredness/lethargy/seeming limp

There can also be behavioural changes such as irritability, inconsolable crying or clinging to a caregiver.

Children

Children may say things to describe their symptoms, like:

