ALLERGIC REACTIONS

Could YOU save a life?

After eating or being stung by an insect, a person at risk for anaphylaxis might have any of these symptoms.

Think F.A.S.T...

Face
Hives, itching, redness, swelling of face, lips or tongue

Airway
Trouble breathing, swallowing or speaking, nasal congestion, sneezing

Stomach
Stomach pain, vomiting, diarrhea

Total Body
Hives, itching, swelling, weakness, dizziness, sense of doom, loss of consciousness

then ACT...

Give Epinephrine
- Give epinephrine (e.g., EpiPen*) at the first sign of a reaction.
- The first signs may be mild, but symptoms can get worse quickly.
- Repeat as early as 5 minutes if symptoms do not improve.

Call 9-1-1
- Have person transported to hospital, even if symptoms are mild or have stopped.