

WHAT IS ANAPHYLAXIS?

ANAPHYLAXIS IS THE MOST SERIOUS TYPE OF ALLERGIC REACTION AND CAN BE LIFE-THREATENING.



Anaphylaxis (pronounced anna-fill-axis) must always be considered a medical emergency requiring immediate treatment.

People with food allergy are at risk of having anaphylaxis. To prevent reactions, they need to avoid the food they are allergic to.

HOW IS ANAPHYLAXIS TREATED?



Epinephrine is the first-line treatment for severe allergic reactions and should be used immediately.

WHAT TO DO IF YOU SEE SOMEONE HAVING ANAPHYLAXIS?



Call 9-1-1 or your local emergency service and inform your manager or leader right away.

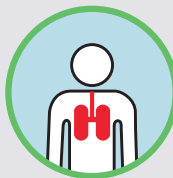
SIGNS AND SYMPTOMS OF ANAPHYLAXIS

Symptoms can include the following and can happen quickly (within a few minutes to up to 2 hours):



Skin

hives, swelling, itching, warmth, redness



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

Visit ThinkFoodAllergy.ca for free resources and useful tools.

**THINK
FOOD ALLERGY**



Everyone. Every Order.