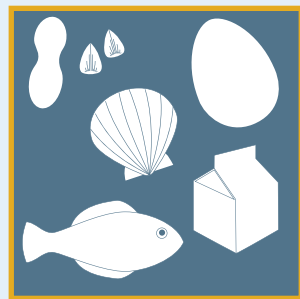


A Allergens that can set off anaphylaxis

FOOD



- Peanuts
- Tree nuts: almonds, pecans, cashews, walnuts
- Shellfish
- Cow's milk products
- Hen's eggs
- Fish
- Soy

VENOM



- Yellow jackets
- Wasps and hornets
- Honeybees
- Fire ants
- Spiders

LATEX



- Balloons
- Rubber gloves
- Condoms
- Elastic bands (i.e., physical therapy bands/rubber bands)
- Dental dams

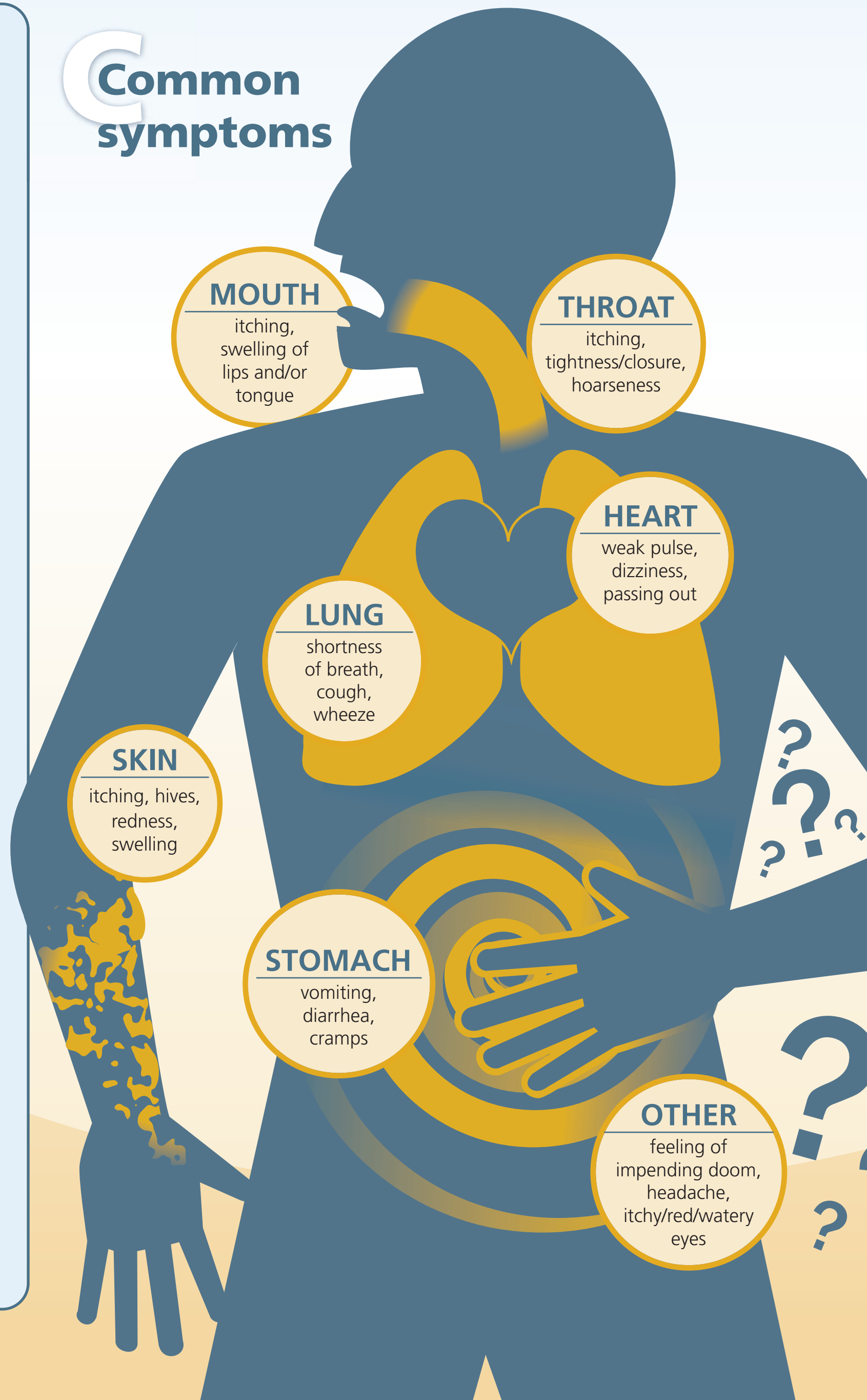
Foods with cross-reactive proteins to natural rubber: banana, avocado, chestnut and kiwi

MEDICATION



- Penicillin
- Aspirin, ibuprofen and other NSAID pain relievers

C Common symptoms



MOUTH

itching, swelling of lips and/or tongue

THROAT

itching, tightness/closure, hoarseness

HEART

weak pulse, dizziness, passing out

LUNG

shortness of breath, cough, wheeze

SKIN

itching, hives, redness, swelling

STOMACH

vomiting, diarrhea, cramps

OTHER

feeling of impending doom, headache, itchy/red/watery eyes

E Epi Everywhere! Every Day! Right Away!

RECOGNIZE THE SEVERITY



Anaphylaxis is life-threatening, unpredictable, presents in multiple ways and can progress quickly

USE EPINEPHRINE IMMEDIATELY



An epinephrine auto-injector is the **first line** of treatment to stop the progression of anaphylaxis in all body systems. Use it at the **first sign of symptoms** – don't wait to see what happens!

CALL 911



Always call for emergency medical assistance and go to the emergency room for follow-up observation and treatment.

CARRY TWO AUTO-INJECTORS



Keep two epinephrine auto-injectors on hand, in case symptoms recur before emergency medical assistance is available. Up to 35% of people will require more than one.

FOLLOW UP



Consult a board-certified allergist for accurate diagnosis and prevention/treatment plan.