

# »» Food Allergy Reactions

How to recognize and respond to suspected or active food allergy reactions (anaphylaxis)

## For one or more of these severe symptoms:



### Lung

Short of breath, wheezing, repetitive cough



### Heart

Pale, blue, faint, weak pulse, dizzy



### Throat

Tight, hoarse, trouble breathing or swallowing



### Mouth

Significant swelling of the tongue, lips



### Skin

Many hives over body, widespread redness



### Gut

Repetitive vomiting, severe diarrhea



### Other

Feeling something bad is about to happen, anxiety, confusion

## 1 Call 911

Ask for an ambulance with epinephrine

## 2 Lay the person flat with raised legs

If they are vomiting or having trouble breathing, let them sit up or lie on their side.

## 3 Next steps

Transport to Emergency Room (ER). The person should stay in the ER for 4 hours because symptoms may return.

## These are mild symptoms of an allergic reaction:



### Nose

Itchy or runny nose, sneezing



### Mouth

Itchy mouth



### Skin

A few hives, mild itch



### Gut

Mild nausea or discomfort

