



What is Anaphylaxis?

Anaphylaxis is a severe, life-threatening allergic reaction.

There are 9 foods that cause the majority of severe food allergy reactions:



MILK



PEANUTS



EGG



FISH



WHEAT



SESAME



TREE NUTS



SHELLFISH

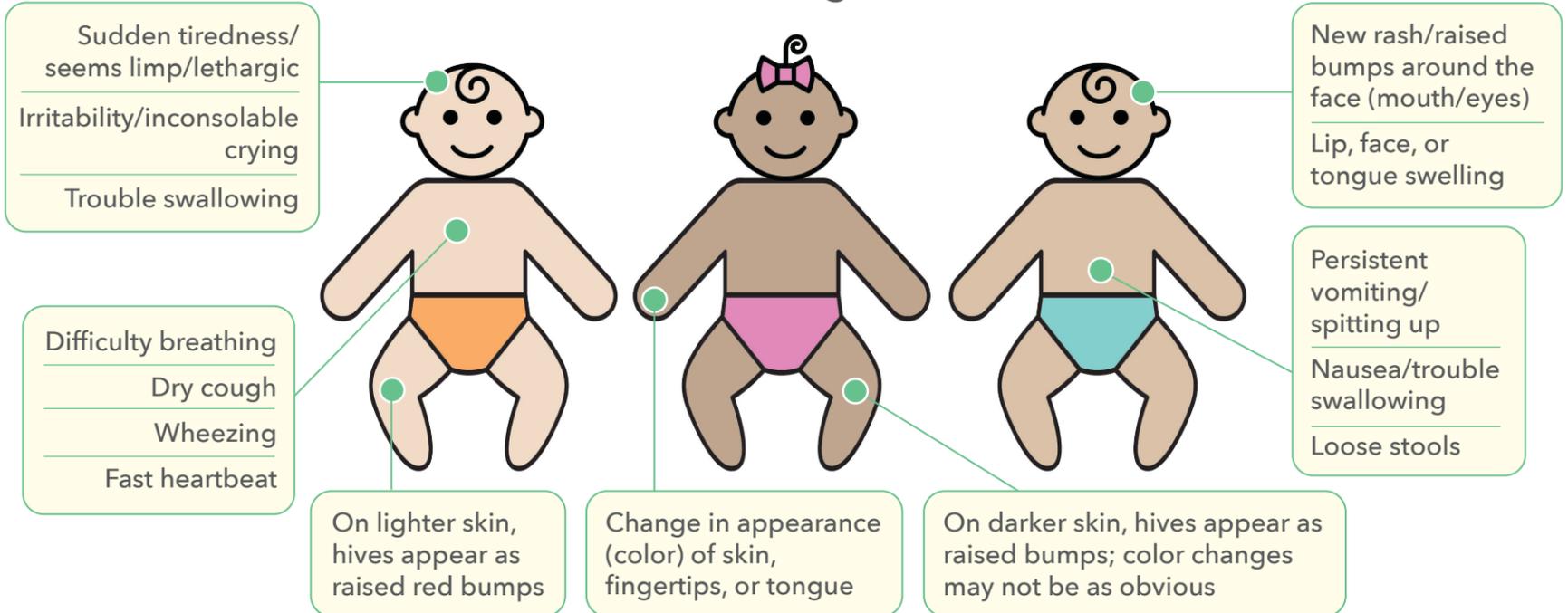


SOY

Signs & Symptoms

Anaphylaxis can be hard to identify in infants and toddlers.

Here are some things to watch for:



How to Respond

1

Look for signs and symptoms

Make sure you know what to watch for and are trained on how to use epinephrine.

2

Administer epinephrine immediately

It is generally better to administer if you are unsure.

3

Call 911

After calling 911, inform emergency contacts.

Remember: An antihistamine will not properly treat a life-threatening allergic reaction. Only epinephrine can do that.

