

# BE ALLERGY AWARE

## SAVE A LIFE

Life threatening anaphylaxis is a severe reaction to allergens such as food, insect stings, medication & latex

The body thinks it is fighting something which shouldn't be there and sends out special chemicals to fight back.



People may experience mild or moderate symptoms including:

- ✓ Itchy skin rash
- ✓ Itchy/tingling mouth
- ✓ Swelling of lips, face or eyes
- ✓ Tummy pain or vomiting

What are the signs of a severe allergic reaction?

- ✓ Hard to swallow/coughing
- ✓ Difficult to breathe/noisy breathing
- ✓ Feeling dizzy, floppy or sleepy



1. A severe allergic reaction can become serious quickly so a **special adrenaline pen must be used immediately**
2. Then call **999** and tell them the person is suffering from **anaphylaxis (anna-fill-axis)**