

# ALLERGY/ANAPHYLAXIS AWARENESS & ACTION



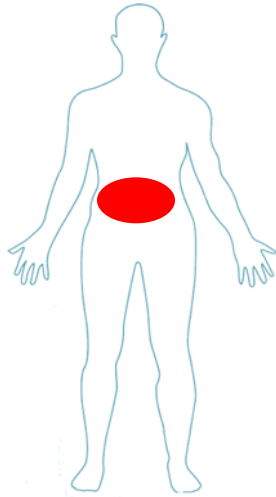
Anaphylaxis is a rare but severe allergic reaction that can occur suddenly, worsen quickly, and may result in death. Anaphylaxis may occur after a person with an allergy is exposed to a triggering agent such as food, insect bite, latex, medication or other agent.

Food is the most common trigger for anaphylaxis. The top 8 allergens that may cause a severe allergic reaction are peanuts, tree nuts, fish, shellfish, cow's milk, eggs, wheat and soy.

Stings from insects such as bees, wasps, hornets, yellow jackets, and fire ants may also result in a severe allergic reaction.

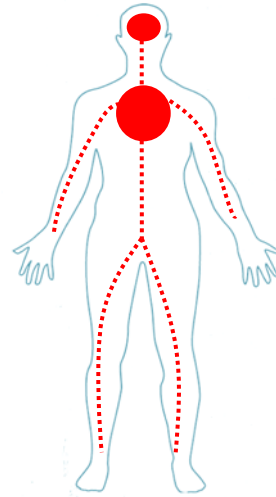
## WHAT ARE THE SYMPTOMS OF AN ALLERGIC REACTION?

Allergic reactions can have a range of symptoms from mild to severe. If someone is experiencing symptoms, don't ignore them. Your response to this potentially life-threatening allergic reaction could be critical.



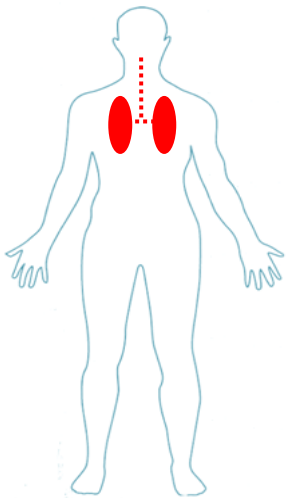
### Stomach Pain

- Cramps
- Diarrhea
- Nausea
- Vomiting



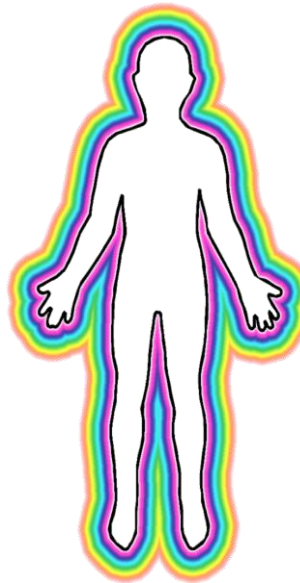
### Circulation

- Weak Pulse
- Dizziness
- Lightheadedness
- Chest Pain
- Low Blood Pressure
- Shock
- Loss of Consciousness



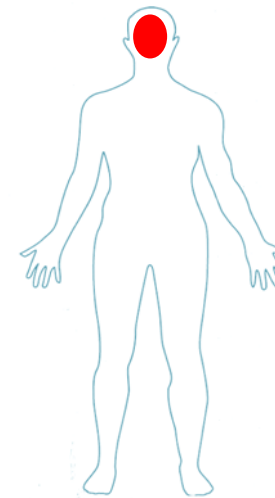
### Breathing

- Wheezing
- Shortness of Breath
- Coughing in the throat
- Tightness in Throat or Chest
- Trouble Swallowing
- Sneezing
- Nasal Stuffiness or Congestion
- Drooling



### Skin

- Hives
- Swelling
- Itching
- Redness
- Rash



### Other

- Anxiety
- Itchy or Red Eyes
- Watery Eyes
- Headache
- Confusion
- Slurred Speech
- Metallic Taste in Mouth

## WHAT SHOULD I DO IF I SUSPECT ANAPHYLAXIS?

If the child/adult has a history of anaphylaxis and has epinephrine at school:

1. Give epinephrine via the auto-injector (EpiPen, Auvi-Q or Adrenaclick).
2. Call 911 and state that a child / adult is having an anaphylactic reaction.
3. If symptoms have not improved within 10-15 minutes give a second auto-injection.
4. Have the child / adult lie down with legs raised to improve blood flow.

If the child/adult does not have epinephrine at school:

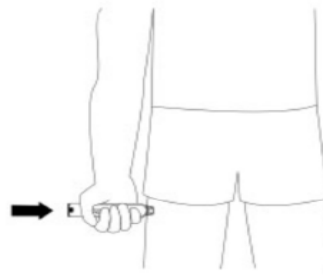
1. Call 911 and state child is having an anaphylactic reaction to insure that the first responder is equipped with epinephrine.

### EpiPen® (epinephrine) Auto-Injector Directions

- First, remove the EpiPen® (epinephrine) Auto-Injector from the plastic carrying case
- Pull off the blue safety release cap



- Hold orange tip near outer thigh (always apply to thigh)



- Swing and firmly push orange tip against outer thigh. Hold on thigh for approximately 10 seconds.

Remove EpiPen® (epinephrine) Auto-Injector and massage the area for 10 more seconds.

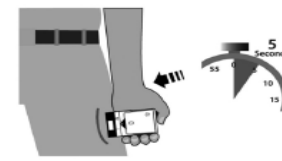
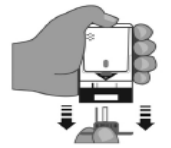


EpiPen®, EpiPen 2-Pak®, and EpiPen Jr 2-Pak® are registered trademarks of Mylan Inc. licensed exclusively to its wholly-owned subsidiary, Mylan Specialty L.P.

### Auvi-Q™ (epinephrine injection, USP) Directions

Remove the outer case of Auvi-Q. This will automatically activate the voice instructions.

Pull off RED safety guard.



Place black end against outer thigh, then press firmly and hold for 5 seconds.

**Auvi-Q**  
 epinephrine injection, USP  
 0.15 mg/0.3 mg auto-injectors

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### Adrenaclick® 0.3 mg and Adrenaclick® 0.15 mg Directions



Remove GREY caps labeled "1" and "2."



Place RED rounded tip against outer thigh, press down hard until needle penetrates. Hold for 10 seconds, then remove.

A food allergy response kit should contain at least two doses of epinephrine, other medications as noted by the student's physician, and a copy of the student's Emergency Action Plan. A kit must accompany the student if he/she is off school grounds (i.e., field trip).



Peer support for families with food allergies. Online discussion forums, monthly meetings and social gatherings, advocacy and awareness efforts.

[www.bigtent.com/groups/affa](http://www.bigtent.com/groups/affa) | [austinfoodallergies@gmail.com](mailto:austinfoodallergies@gmail.com)

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