Allergy&Anaphylaxis Australia
Your trusted charity for allergy support

FOOD ALLERGY WEEK
ALLERGY & ANAPHYLAXIS AUSTRALIA
26 MAY - 1 JUNE 2019

SIGNS & SYMPTOMS OF AN ALLERGIC REACTION

AN ALLERGIC REACTION TO FOOD/INSECTS CAN VERY QUICKLY BECOME LIFE-THREATENING. IT IS UP TO ALL OF US TO KNOW THE SIGNS & SYMPTOMS AND HOW TO RESPOND.

MILD TO MODERATE ALLERGY

Swelling of the face, lips and eyes

Tingling in the mouth
Swelling of the lips

Stomach pain and vomiting
(NOTE: These are signs of a severe allergic reaction to insects)

Hives & welts (anywhere on the body)

SEVERE ALLERGY (ANAPHYLAXIS)

Dizziness
Collapse
Pale and floppy (young children)

Swelling of tongue
Difficulty talking &/or hoarse voice

Difficult breathing/noisy breathing
Wheeze or persistent cough

Swelling/tightness in the throat

If someone with known food or insect allergy suddenly develops severe asthma like symptoms, give adrenaline autoinjector FIRST, then asthma reliever

WHAT TO DO

1

Stay with person & call out for help

2

Give medications prescribed

3

Locate an adrenaline autoinjector if available

4

Call their emergency contact

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WHAT TO DO

1

Lay the person flat. If breathing is difficult allow to sit (but not stand or walk)

2

Administer the adrenaline autoinjector

3

Call an ambulance

4

Call their emergency contact

5

If after five minutes there is no response or the reaction is worsening, administer a second adrenaline autoinjector if available

#FoodAllergyWeek #BeAware #ShowYouCare

For further information please contact coordinator@allergyfacts.org.au