HOW TO GUE ANAPhylaxis Must be Treated with Epinephrine!

SIGNS OF MILD TO MODERATE ALLERGIC REACTION

- Swelling of lips, face, eyes
- Hives or welts
- Tingling mouth
- Abdominal pain, vomiting (these are signs of anaphylxis or insect allergy)

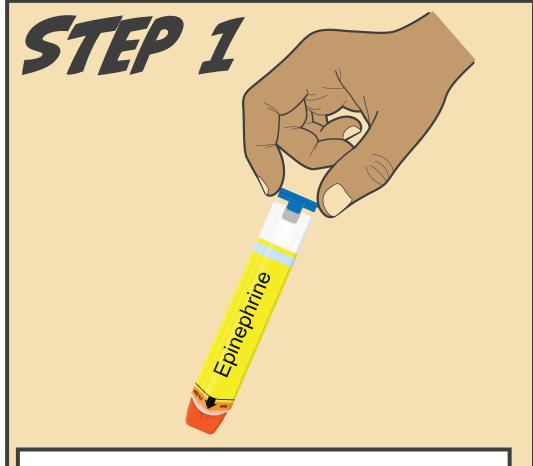


ACTION FOR ANAPHYLAXIS

- 1. Lay person flat do NOT allow them to stand or walk
 - If unconscious, place in recovery position
 - If breathing is diffcult allow them to sit
- 2. Give adrenaline autoinjector
- 3. Call 911

- 4. Phone family/emergency contact
- 5. Further adrenaline doses may be given if no response after 5 minutes

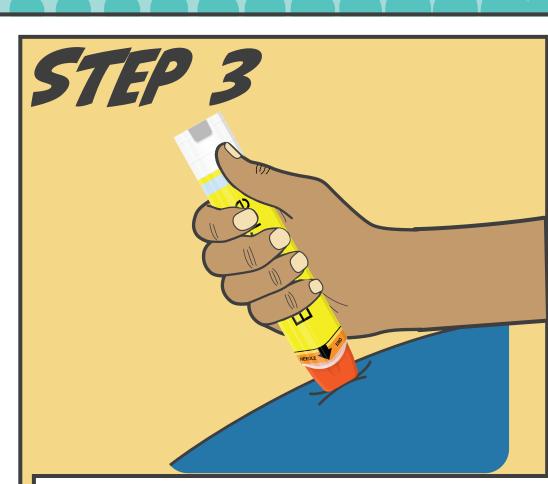




Pull off the safety cap. Position end about 10 cm away from outer mid-thigh.



Form fist around autoinjector. Hold leg still and PLACE ORANGE END against outer mid-thigh (with or without clothing)



Firmly hold in place PUSH DOWN HARD until a click is heard or felt and hold in place for 3 seconds then remove autoinjector

ALWAYS give adrenaline autoinjector **FIRST**, if some has SEVERE AND SUDDEN BREATHING DIFFICULTY (including wheeze, persistent cough or hoarse voice), even if there are no skin symptoms. THEN SEEK MEDICAL HELP.

Top 9 Icons are the visual representations of the top nine food allergens.

5 WAYS TO HELP PREVENT A REACTION

- 1 Wash your hands
- 2 Do not share your food or snacks
 - 3 Learn about food allergies know the signs and symptoms
 - 4 Ask your teacher or an adult if the food or snacks are safe allergy free-foods
 - 5 If you feel something is wrong Let an adult or teacher know right away



