

You Could Save a Life

Learn the Symptoms of an Allergic Reaction

Anaphylaxis is a serious, potentially fatal allergic reaction.

Allergic reactions can start with mild symptoms that worsen quickly.

An allergic reaction can involve any of the following symptoms, which may appear alone or in any combination:



! MOUTH.

Swelling (tongue and/or lips), itchy mouth, blue-tinged lips

! THROAT.

Trouble breathing, swallowing, speaking, tightness, hoarseness

! LUNGS.

Repetitive cough, shortness of breath, wheezing

! HEART.

Faintness, weak pulse, dizziness, confusion, paleness

! SKIN.

Hives, itchy rash, swelling, flushing

! GUT.

Vomiting, diarrhea, crampy pain

! OTHER.

Sense of impending doom, loss of consciousness

If you observe signs of an allergic reaction, get help immediately.

If you suspect anaphylaxis, administer prescribed epinephrine and CALL 911.

** Don't depend on seeing hives! Some anaphylactic reactions occur without any skin symptoms (e.g. hives, swelling)!*

If you have questions or would like more information about food allergies, please feel free to contact **Nashoba Food Allergy Education & Awareness** at nashobafoodallergy@gmail.com.

*Members of:



FARE

Food Allergy Research & Education