

# Signs and Symptoms of Anaphylaxis

Anaphylaxis is a *severe, life-threatening* allergic reaction that can quickly progress after initial symptom onset. Here are a few signs to look out for:

## Head:

Feeling Something Bad is Going to Happen, Anxiety, Confusion

## Face:

Itchy or Runny Nose, Sneezing, Itchy Mouth, Significant Swelling of the Tongue or Lips

## Throat and Lungs:

Tight or Hoarse Throat, Trouble Breathing or Swallowing, Shortness of Breath, Wheezing, Repetitive Cough

## Heart and Gut:

Pale or Bluish Skin, Faintness Weak Pulse, Dizziness, Nausea, Repetitive Vomiting, Severe Diarrhea, Stomach Pains or Cramps

## Skin:

Hives or Raised Bumps, Itchiness, Widespread Redness



## How to Respond



**Look out**  
for signs and  
symptoms



**Inject**  
Epinephrine  
Immediately



**Call**  
911 as soon  
as possible

It's important to recognize the signs and symptoms of anaphylaxis and respond quickly! For more information, scan the QR code to download our Emergency Care Plan.

For general information purposes only. Please consult a healthcare professional if you have any questions.

