

# ANAPHYLAXIS

**POTENTIALLY LIFE - THREATENING, AND ALWAYS REQUIRES AN IMMEDIATE EMERGENCY RESPONSE**

## WHAT CAUSES ANAPHYLAXIS?

The most common allergens that can cause anaphylaxis are foods such as peanuts, tree nuts, milk, eggs, shellfish, fish and sesame seeds, although many other foods have been known to trigger it. Some people react even to tiny amounts of food.

Other causes include wasp or bee stings, latex (natural rubber latex) and medicines. In some people, exercise can trigger anaphylaxis – either on its own or if you exercise around the same time you’re exposed to other allergens.

“Most healthcare professionals consider an allergic reaction to be anaphylaxis when it involves a difficulty in breathing or affects the heart rhythm or blood pressure.”

**THESE ARE KNOWN AS THE ABC SYMPTOMS**

### **A** AIRWAY      **B** BREATHING      **C** CIRCULATION

- Persistent Cough
- Vocal changes (hoarse voice)
- Difficulty swallowing
- Swollen tongue
- Difficult or noisy breathing
- Wheezing (like an asthma attack)
- Feeling light-headed or faint
- Clammy skin
- Confusion
- Unresponsive/unconscious

**IF YOU SUSPECT ANAPHYLAXIS**

**ACT FAST - DIAL 999 IMMEDIATELY**