



Patients with history of severe anaphylaxis such as those who have been intubated and ventilated, or had reactions treated with more than two doses of epinephrine should follow their routine anaphylaxis plan and activate emergency services immediately when anaphylaxis is recognized.

IMPORTANT: Anaphylaxis is a potentially life-threatening, severe allergic reaction. If in doubt, give epinephrine.

SEVERE SYMPTOMS: ANY OF THE FOLLOWING



LUNG

Shortness of breath
Wheezing, repetitive cough



HEART

Pale or bluish skin, faintness,
weak pulse, dizziness



GUT

Repetitive vomiting,
severe diarrhea



THROAT

Tight or hoarse throat, trouble
breathing or swallowing



SKIN

Many hives over body,
widespread redness



MOUTH

Significant swelling of
the tongue or lips



OTHER

Feeling something bad is
about to happen, anxiety,
confusion

Mild symptoms from more than one system area:

Itchy runny nose, sneezing
and/or Itchy mouth and/or few
hives, mild itch and /or mild
nausea or discomfort

1. **INJECT EPINEPHRINE IMMEDIATELY** while seated; have telephone within reach
2. Notify a housemate or neighbor to help you
3. Lay down with legs elevated near the doorway, which should be unlocked or open to allow others to enter and help. Keep children in a position of comfort, to minimize respiratory distress and agitation and risk of aspiration in case of vomiting.
4. Administer oral antihistamine, preferably non-sedating (e.g. cetirizine)
5. Administer albuterol for respiratory symptoms if prescribed and available
6. Monitor symptoms and blood pressure/pulse if possible

SYMPTOMS DON'T IMPROVE OR WORSEN

Repeat epinephrine injection in 5 minutes or sooner
if symptoms escalate rapidly

SEVERE SYMPTOMS RESOLVE

- Continue to monitor for 4-6 hours for the recurrence of symptoms
- Be ready to administer treatment if symptoms reappear (biphasic anaphylaxis)
- Notify your physician on a non-urgent basis
- Replenish emergency medications

SEVERE SYMPTOMS DON'T IMPROVE OR WORSEN:

Activate Emergency Services (Call 911)

SEVERE SYMPTOMS RESOLVE

