



Food Allergy Canada

# ALLERGIC REACTIONS

Could YOU save a life?

After eating or being stung by an insect, a person at risk for anaphylaxis might have any of these symptoms.

Think **F.A.S.T...**



## Face

Hives, itching, redness, swelling of face, lips or tongue

## Airway

Trouble breathing, swallowing or speaking, nasal congestion, sneezing

## Stomach

Stomach pain, vomiting, diarrhea

## Total Body

Hives, itching, swelling, weakness, dizziness, sense of doom, loss of consciousness

then **ACT...**

## Give Epinephrine

- Give epinephrine (e.g. EpiPen®) at the first sign of a reaction.
- The first signs may be mild, but symptoms can get worse quickly.
- Repeat as early as 5 minutes if symptoms do not improve.

## Call 9-1-1

- Have person transported to hospital, even if symptoms are mild or have stopped.