

Signs and Symptoms of an Allergic Reaction

An allergic reaction to food, insects, medications and other triggers can quickly become life threatening. Everyone should know the signs and symptoms and how to respond.

A mild or moderate allergic reaction can quickly become severe (anaphylaxis).

A severe allergic reaction (anaphylaxis) can sometimes happen without signs of a mild or moderate allergic reaction.

Mild or Moderate Allergic Reaction

Swelling of face, eyes

Tingling in the mouth
Swelling of the lips

Hives or welts
(anywhere on the body)

Stomach pain, vomiting
(NOTE: These are signs of anaphylaxis for insect allergy)

Severe Allergic Reaction (Anaphylaxis)

Persistent dizziness
Collapse
Pale and floppy (young children)

Swelling of tongue
Difficulty talking or hoarse voice

Difficult or noisy breathing
Wheeze or persistent cough

Swelling or tightness in throat

If someone with known asthma and food, insect or medication allergy has sudden breathing difficulty, give **adrenaline injector FIRST**, then asthma reliever puffer

What to do

If ASCIA Action Plan is available - follow it.

1

Stay

Stay with person and call out for help

Help!

2

Take

Take the adrenaline injector (if available) with the ASCIA Action Plan to the person

3

Give

Give antihistamine if written on the ASCIA Action Plan

4

Call

Phone family/emergency contact

What to do

If ASCIA Action Plan is available - follow it.

1

Lay down

Lay person flat. If breathing is difficult allow to sit with legs out in front. Do NOT sit on a chair, stand or walk

2

Give

Give the adrenaline injector

3

Triple Zero

Phone an ambulance - 000 (triple zero)

4

Call

Phone family/emergency contact

5

Wait 5 mins

After 5 minutes, if there is no response or the reaction is getting worse, give another adrenaline injector if available

5 Mins

For further information contact
Allergy & Anaphylaxis Australia
1300 728 000
www.allergyfacts.org.au



Allergy & Anaphylaxis Australia
Your trusted charity for allergy support