

# 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 device FIRST**, then asthma reliever puffer

## What to do

**!** If ASCIA Action Plan is available - follow it.

1

### Stay

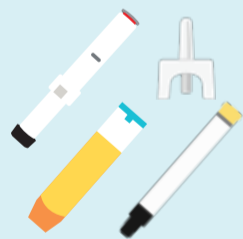
Stay with person and call out for help

Help!

2

### Take

Take the adrenaline device (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 device



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 device if available



For further information contact  
Allergy & Anaphylaxis Australia  
1300 728 000  
[www.allergyfacts.org.au](http://www.allergyfacts.org.au)



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