

Anaphylaxis Fast Facts



Visit www.allergy.org.au/anaphylaxis
for free resources about anaphylaxis.

ascia

australasian society of clinical immunology and allergy

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ASCIA is the peak professional body of clinical immunology/allergy specialists in Australia and New Zealand.

Fast Facts

Anaphylaxis

- 1** Anaphylaxis is a potentially life threatening, severe allergic reaction, that should always be treated as a medical emergency. It occurs after exposure to an allergen (usually to foods, insects or medicines), to which a person is allergic. Not all people with allergies are at risk of anaphylaxis.
- 2** Anaphylaxis symptoms include one or more of the following:
 - Difficult/noisy breathing
 - Swelling of tongue
 - Swelling/tightness in throat
 - Difficulty talking and/or hoarse voice
 - Wheeze or persistent cough
 - Persistent dizziness and/or collapse
 - Pale and floppy (in young children)
 - Stomach (abdominal) pain, vomiting (insect allergy)
- 3** In some cases, anaphylaxis is preceded by a mild to moderate allergic reaction, with symptoms such as swelling of face, lips and/or eyes, hives or welts and stomach (abdominal) pain and vomiting.
- 4** Anaphylaxis requires immediate treatment with adrenaline (epinephrine), injected into the outer mid-thigh. It works rapidly to reverse the effects of anaphylaxis.
- 5** Adrenaline autoinjectors contain a single, fixed dose of adrenaline, and have been designed to be given by non-medical people, including the patient themselves (if they are well enough).
- 6** ASCIA Action Plans for Anaphylaxis include infographics to illustrate the first steps of action for anaphylaxis:

1 Lay person flat - DO NOT allow them to stand or walk

If unconscious, place in recovery position.

If breathing is difficult allow them to sit



2 Give adrenaline autoinjector

3 Phone ambulance - 000 (AU) or 111 (NZ)

4 Phone family/emergency contact

5 Further adrenaline doses may be given if no response after 5 minutes

6 Transfer person to hospital for at least 4 hours of observation

If in doubt give adrenaline autoinjector. Commence CPR at any time if person is unresponsive and not breathing normally.

More information: www.allergy.org.au/anaphylaxis

Other Fast Facts: www.allergy.org.au/patients/fast-facts

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