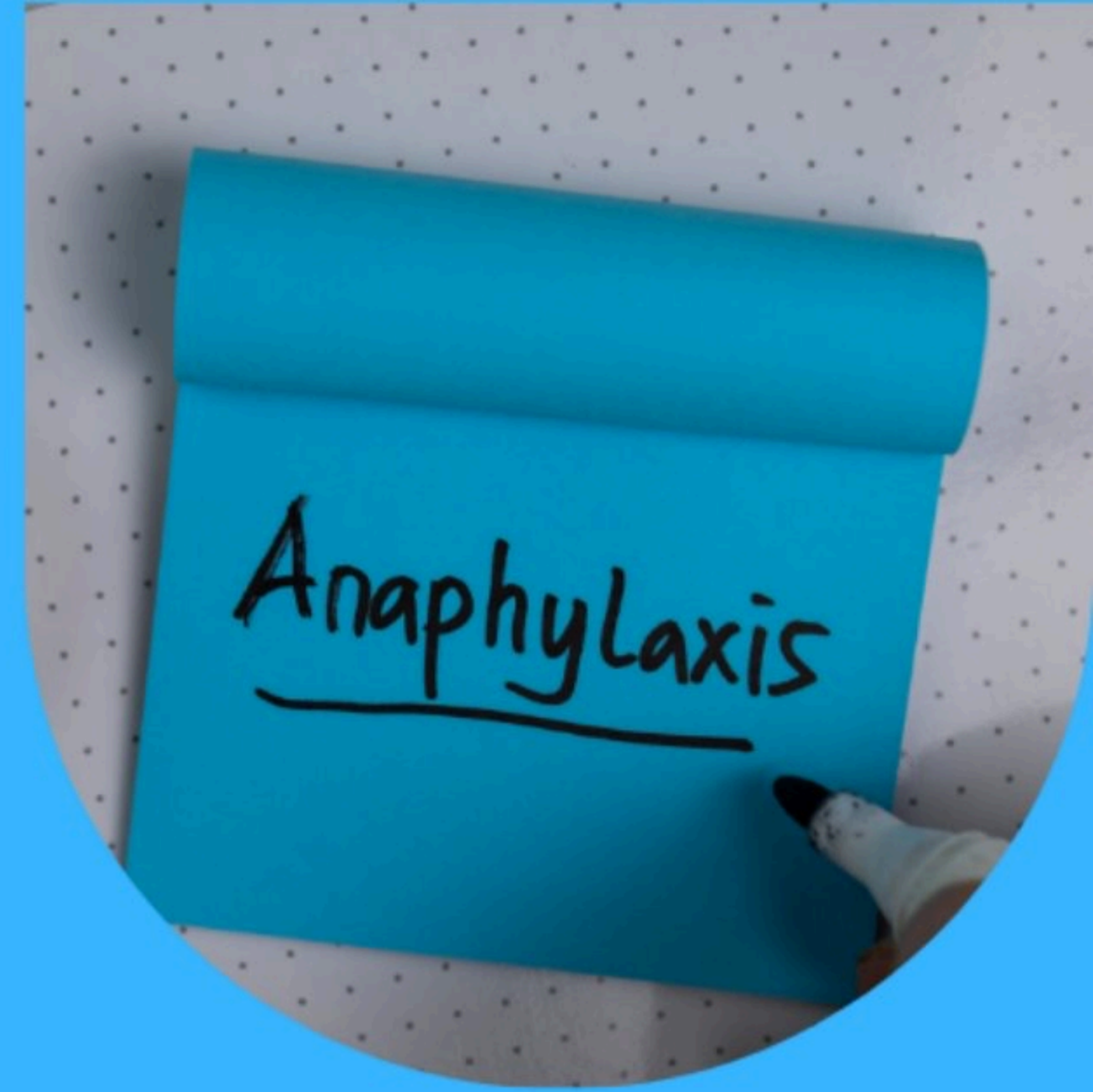


# WHAT IS ANAPHYLAXIS?



Anaphylaxis is a *serious, rapid, and life-threatening* allergic reaction. It is a systemic hypersensitivity reaction that affects multiple organs.

First-line treatment with *epinephrine* is crucial in preventing severe outcomes and death.

WORLD ALLERGY WEEK 2025  
**Anaphylaxis:  
A Preventable  
Threat** 29 June - 5 July  
Help us in the global effort to raise awareness of anaphylaxis. Join us!  
[www.WorldAllergyWeek.org](http://www.WorldAllergyWeek.org)



SOURCE:

EAACI Anaphylaxis  
Explained: A Practical  
Guide for Patients

INFOGRAPHIC MADE IN  
CELEBRATION OF WORLD  
ALLERGY WEEK 2025

BY PSAAI ANAPHYLAXIS COUNCIL



# HOW DOES ANAPHYLAXIS OCCUR



## ALLERGEN EXPOSURE

Ingesting, inhaling, injecting, or coming into contact with an allergen.



## IMMUNE RESPONSE

The production of allergen specific immunoglobulin E (IgE) antibodies, leading to the release of chemicals like histamine.



## WIDESPREAD INFLAMMATION

This results in the dilation of blood vessels (causing low blood pressure), airway swelling, and other systemic effects.

SOURCE:

EAACI Anaphylaxis Explained: A Practical Guide for Patients

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# RECOGNIZING THE SIGNS & SYMPTOMS

**Recognize anaphylaxis symptoms  
early and act quickly.**



## COMMON SYMPTOMS INCLUDE :

### SKIN :

**Hives, swelling,  
redness, or itching**

### RESPIRATORY :

**Wheezing, coughing,  
difficulty breathing,  
chest or throat tightness,  
and hoarseness**

### CARDIOVASCULAR :

**Low BP, weak pulse,  
dizziness, fainting or  
passing out**

### GASTROINTESTINAL :

**Abdominal pain,  
vomiting, diarrhea,  
or nausea**

### NEUROLOGICAL :

**Anxiety, confusion,  
or a sense of  
impending doom**

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# COMMON TRIGGERS OF ANAPHYLAXIS

**Food Allergies** (especially in CHILDREN): Peanuts, tree nuts, shellfish, eggs, milk, fish, soy, and wheat

**Insect Venom** : Stings from bees, wasps, hornets, and yellow jackets

**Medications** : Antibiotics (like penicillin), aspirin, NSAIDs, & general anesthesia (eg. neuromuscular blocking agents (NMBA), such as succinylcholine)

SOURCE:

EAACI Anaphylaxis Explained:  
A Practical Guide for Patients



**Latex** : A material used in medical gloves, balloons, and various medical equipment

**Exercise-Induced Anaphylaxis** : RARE, but can be triggered by physical activity, especially when combined with food intake or medications

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# EMERGENCY ACTION PLAN



1



## Immediate Use of Epinephrine :

Use your prescribed epinephrine at the first signs of anaphylaxis.

Early administration of epinephrine is key to improve survival rates.

2



## Call Emergency Services :

After using epinephrine, go to ER or seek emergency medical assistance.

3



## Second Dose if Needed :

If symptoms persist or worsen after 5-10 minutes, a second dose of epinephrine may be administered.

4



## Positioning :

The patient should lie flat, with legs elevated. But if they are experiencing breathing difficulty, they should sit up.

5



## Monitor for Biphasic Reactions:

Anaphylaxis can have a biphasic nature --- a second wave of symptoms might occur several hours after initial attack.

