



For a suspected or active food allergy reaction

FOR ANY OF
THE FOLLOWING

SEVERE SYMPTOMS



LUNG: Short of breath, wheezing, repetitive cough



HEART: Pale, blue, faint, weak pulse, dizzy



THROAT: Tight, hoarse, trouble breathing/ swallowing



MOUTH: Significant swelling of the tongue, lips



SKIN: Many hives over body, widespread redness



GUT: Repetitive vomiting, severe diarrhea



OTHER: Feeling something bad is about to happen, anxiety, confusion

OR MORE
THAN ONE

MILD SYMPTOM



NOSE: Itchy/runny nose, sneezing



MOUTH: Itchy mouth



SKIN: A few hives, mild itch



GUT: Mild nausea/discomfort

1

INJECT EPINEPHRINE IMMEDIATELY.

2

Call 911.

Request ambulance
with epinephrine.

Consider Additional Meds

(After epinephrine):

- » Antihistamine
- » Inhaler (bronchodilator) if asthma

Positioning

Lay the person flat and raise legs.
If breathing is difficult or they are
vomiting, let them sit up or lie on their
side.

Next Steps

- » If symptoms do not improve, or symptoms return, more doses of epinephrine can be given about 5 minutes or more after the last dose.
- » Transport to and remain in in ER for at least 4 hours because symptoms may return.



**Do not depend on antihistamines. When in doubt,
give epinephrine and call 911.**