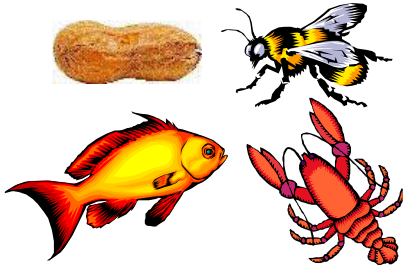
What is Anaphylaxis?

Anaphylaxis is a severe allergic reaction that can involve several body systems and lead to death if left untreated. One or two percent of the population is thought to be at risk of anaphylaxis. It can result from reactions to insect stings, medications, latex, foods and other substances. The most common food triggers of anaphylaxis are peanut, tree nuts, shellfish, fish, milk, egg, wheat, soy and sesame. However a wide variety of other foods and exercise have been known to trigger anaphylaxis. Trace amounts of an allergen can trigger a severe reaction.



The 3 "A's" will help you cope

- ❖ Awareness
- ❖ Avoidance
- ❖ Action

❖ Awareness

- See an allergist for a proper diagnosis
- Find out *exactly* what to avoid
- Know what to do in an emergency
- Learn about your allergy
- Be aware that delayed reactions can occur

❖ Avoidance

- Learn to recognize alternative names for food ingredients
- Read labels each and every time
- Don't allow allergic children to share food, drinks, water bottles, etc.
- Wash hands before and after eating
- Clean counters, tables and utensils well to avoid cross contamination
- Be cautious in restaurants; ask questions about ingredients and avoid buffets.
- Avoid buying bulk foods and unlabelled foods
- Carry safe snacks when travelling
- If allergic to latex tell medical personnel including your dentist

❖ Action

- Wear a MedicAlert® bracelet and carry epinephrine at all times.
- Ensure additional epinephrine is available, especially when travelling or far from a hospital

When a reaction occurs

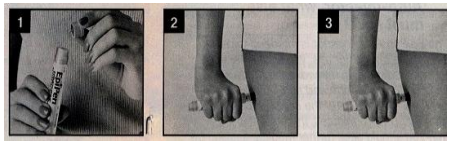
1. Administer epinephrine immediately

Don't hesitate or wait to use epinephrine! It is easier to stop a reaction in its early stages. Side effects from the injection are rare and early treatment can prevent fatal reactions.

2. Call 911, ambulance or transport to the nearest emergency facility

3. Call parents or family

How to give an EpiPen®



1. Pull off grey safety cap.
2. Jab black tip into outer thigh until unit activates.
3. Hold EpiPen® in place several seconds. Then discard unit.

How to use your Twinject®

1. Remove the GREEN end cap and then pull off the RED end cap.
2. Press down firmly until grey end of unit enters the middle of the outer side of the thigh through the skin. Hold it in place while slowly counting to 10.

If symptoms have not improved in about 10 minutes since the first injection, inject second dose:

3. Unscrew and remove GRAY cap. Holding the BLUE hub at the needle base, pull the syringe from the barrel. Slide the YELLOW or ORANGE collar off the plunger.
4. Put the needle into thigh (upper leg) at least 5 cm from first injection site through the skin and push the plunger down all the way.

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ANAPHYLAXIS SYMPTOMS may include:

- Hives, rashes, swelling
- Itching
- Changes in skin color
- Tingling in mouth
- Fear, panic, sense of doom
- Nausea / vomiting
- Diarrhea / cramps
- Coughing, wheezing, choking, changes in voice
- Swelling of lips, tongue, throat
- Difficulty breathing and / or swallowing
- Cold clammy skin
- Dizziness / lightheadedness
- Loss of consciousness / coma / death

Note: Many of these symptoms can also result from conditions other than anaphylaxis

The AAIA's mission is to create safer environments and improve quality of life for Canadians affected by allergy, asthma, and anaphylaxis by empowering individuals and providing education, leadership, and a national voice.

The AAIA's *Anaphylaxis Reference Kit* is an excellent training tool for school and daycare personnel. Contact any of our offices for information on how to order.

The AAIA is a registered Canadian charity #131 765 174 RR0001. Tax receipts will be issued for donations of $15.00 or more.

This brochure may be photocopied for educational purposes only, with credit given to the Allergy / Asthma Information Association

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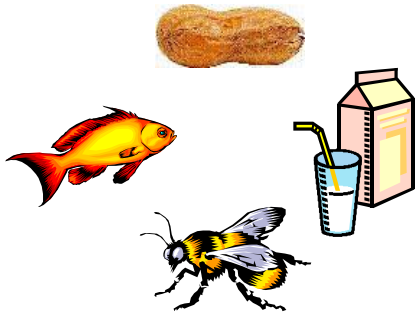
The AAIA works for you!

Allergy Asthma information association

ANAPHYLAXIS

A Life Threatening Allergy



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