

Anaphylaxis and EpiPen

What is Anaphylaxis?

Anaphylaxis (ANN-uh-fuh-LAX-is) is a very serious allergic reaction. It can happen fast and can be life threatening.

Anaphylaxis may happen if your child is allergic to:

- Foods
- Insect stings
- Medicines
- Latex (balloons or gloves)

What are the signs of Anaphylaxis?

Reactions can look different in each child. Your child may have:

- Itchy skin, redness, or swelling
- Swelling of lips, tongue, or face
- Shortness of breath
- Coughing or wheezing
- Hives
- Nausea
- Stomach cramping
- Throat feels itchy or tight
- Difficulty breathing
- Drooling
- Weak pulse and low blood pressure
- Feeling weak, dizzy or fainting
- Diarrhea
- Feeling like something bad is going to happen

Your child is having anaphylaxis if:

- Any severe symptoms like trouble breathing, sudden, repeated vomiting, passing out or throat tightness

OR

- Two or more mild symptoms listed above

What do I do if my child has Anaphylaxis?

Act fast! This is an emergency! Your child needs treatment **right away**. Anaphylaxis will not go away on its own.

Follow these steps to help:

- Give the EpiPen (epinephrine) right away.
 - If you are alone with your child, give the EpiPen **first**, then call 911.
- Lay your child down with their legs raised while you wait for help.
- Go to the emergency room (ER).

Your child may get better after using the EpiPen, they still **must** go to the ER for monitoring. They may have a second wave of symptoms.

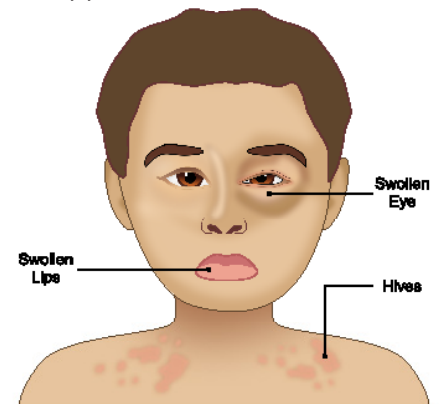


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How is Anaphylaxis treated?

The main treatment is a medicine called epinephrine. It is given using an auto-injector like and EpiPen.

- You, your child, and any caregivers should know how to use the EpiPen.
- Kids and teens should always carry epinephrine with them if they have severe allergies.
 - This includes daycare, school, sports, jobs, camp, and any other activities.
- A doctor, nurse, or pharmacist can show you how to use the EpiPen.
- If the doctor tells you to give your child an antihistamine (ex: Benadryl®) or an inhaler (ex: Albuterol), always use the EpiPen first.
 - Do not use antihistamines or Albuterol instead of the EpiPen.

ALWAYS CALL 911 OR GO TO THE EMERGENCY ROOM AFTER USING EPINEPHRINE.

What else should I know?

- The most common causes of death from severe allergies are:
 - waiting too long to use the epinephrine
 - not having an epinephrine device with you
- Your child should wear a medical ID bracelet listing their allergies.
- Help your child stay away from allergens that trigger reactions.
- Always have **two** epinephrine devices with your child because:
 - the medicine starts to wear off in 20 to 30 minutes
 - the reaction may come back
 - second dose can be given in 5 to 10 minutes
- Tell caregivers, teachers, coaches, or friends about your child's allergy and what to do in an emergency.
- Check the expiration date on the EpiPen. Ask your doctor for a refill before it expires.
- Keep your EpiPen in a safe place, not too hot or too cold.
 - The liquid inside the EpiPen should be clear: if it is cloudy, **do not use**.

This information is not meant to replace the advice of your Healthcare Professional. Be sure to ask questions and discuss your medical condition or any medical treatments with your doctor.