Symptom check sheet

- Symptoms may change rapidly. Observe symptoms carefully every 5 minutes.
- If any one of the symptoms in □ apply, use EpiPen®.

(EpiPen® can be used after person has taken oral medication)

<table>
<thead>
<tr>
<th>Overall symptoms</th>
<th>Respiratory symptoms</th>
<th>Gastrointestinal symptoms</th>
<th>Symptoms of eyes, mouth, nose, and/or face</th>
<th>Skin symptoms</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ Limp, lethargic</td>
<td>□ Tightness in throat and/or chest</td>
<td>□ Persistent, severe (unbearable) stomach pain</td>
<td>□ Swelling of entire face</td>
<td>□ Intense itching</td>
</tr>
<tr>
<td>□ Dazed, feeling faint</td>
<td>□ Raspy voice</td>
<td>□ Moderate stomach pain</td>
<td>□ Swelling of eyelids</td>
<td>□ Hives which spreads throughout the body</td>
</tr>
<tr>
<td>□ Losing bladder or bowel control</td>
<td>□ Bark-like cough</td>
<td>□ Vomiting 1 or 2 times</td>
<td>□ Discomfort in mouth, swelling of lips</td>
<td>□ Whole body is bright red</td>
</tr>
<tr>
<td>□ Weak or irregular pulse</td>
<td>□ Difficulty breathing</td>
<td>□ Diarrhea 1 or 2 times</td>
<td>□ Sneezing, runny nose, nasal congestion</td>
<td>□ Mild itching</td>
</tr>
<tr>
<td>□ Blue-white lips and/or nails</td>
<td>□ Persistent, violent coughing</td>
<td>□ Wheezy breathing</td>
<td>□ Itchy or red eyes</td>
<td>□ Several hive bumps</td>
</tr>
<tr>
<td></td>
<td>□ Difficulty breathing</td>
<td></td>
<td></td>
<td>□ Localized reddening</td>
</tr>
</tbody>
</table>

If any one of the above symptoms applies

1. Use EpiPen® immediately.
2. Call an ambulance (call 119).
3. Keep calm and quiet (do not stand or walk).
4. Wait for ambulance to arrive.
5. If possible, take medication.

Immediately transport to hospital in an ambulance

See B-1 of “Determination of urgency, and what to do”

2. Promptly go to a hospital (also consider calling an ambulance).
3. Observe changes in symptoms every 5 minutes until you arrive at the hospital. If any one of the symptoms in □ apply, use EpiPen®.

Promptly go to a hospital

1. Give medication.
2. For at least 1 hour, observe changes in symptoms every 5 minutes. If there is no improvement in symptoms, go to a hospital.

Keep calm and quiet, and monitor the condition carefully