# Food Allergy Emergency Manual

# How to deal with an allergic reaction



### allergy symptoms

#### Overall symptoms

Unconscious Dazed, feeling faint Limp, lethargic Losing bladder or bowel control Weak pulse Blue-white lips and/or nails

Respiratory symptoms Raspy voice Bark-like cough Tightness in throat and/or chest Coughing Difficulty breathing Wheezing

#### Skin symptoms

ltching Hives Reddening

# If you are alone with the person who is having a reaction

1. Don't take your eyes off the person or leave him/her alone.

2. Call for help.

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3. Request another person to bring an EpiPen® and oral medication.



**Gastrointestinal symptoms** Abdominal pain Nausea, vomiting

Diarrhea

# Symptoms of face, eyes, mouth, nose

Swelling of face Itching or red eyes, swelling of eyelids Sneezing, runny nose, nasal congestion Discomfort in mouth, swelling of lips

Any allergy symptoms requiring urgent care?

Determine within 5 minutes.

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





