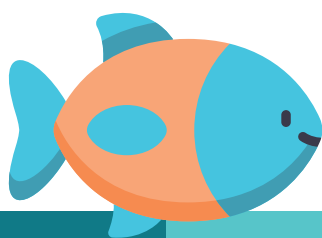


# Be Allergy Aware & Save a Life

Anaphylaxis is a serious reaction to allergens such as food, insect stings, medication & latex. The body thinks it's fighting something which shouldn't be there and sends out special chemicals to fight back.



## People may experience mild or moderate symptoms including:

- › Itchy skin rash
- › Itchy/tingling mouth
- › Swelling of lips, face or eyes
- › Tummy pain or vomiting

## What are the signs of a severe allergic reaction?

- › Hard to swallow / coughing
- › Difficult to breathe / noisy breathing
- › Feeling dizzy, floppy or sleepy

**1. An allergic reaction can become serious quickly, so a special adrenaline pen must be used immediately**

**2. Then call 999 and tell them the person is suffering from anaphylaxis (ana-fil-axis)**



01252 542029



info@anaphylaxis.org.uk



anaphylaxis.org.uk