Allergy reaction guide

Part 1: Recognizing symptoms and treating a reaction

Canadian Society of Allergy and Clinical Immunology

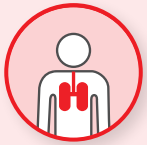
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Symptoms are **SEVERE**

Any one of the symptoms below is considered severe



Heart
Feeling faint or dizzy; weak pulse; pale; blue or grey skin, lips or nails



Lungs/Throat
Shortness of breath; wheezing; coughing; difficulty talking or hoarse voice; drooling



Stomach
Repetitive vomiting or diarrhea; severe abdominal pain



Skin
Widespread hives or flushing; severe itching; severe swelling of face or eyes



Other
Sense of doom; confused; agitated; decreased activity

Give EPINEPHRINE right away

<u>Note the time</u> epinephrine was given.
If you are treating someone, stay with them.



Give a SECOND DOSE OF EPINEPHRINE

If symptoms are not getting better, give a second dose within 5 minutes of the first dose.



Symptoms are **MILD**

Any of the symptoms below are considered mild



Skin
A few hives; mild itch; mild lip swelling



Nose
Itchy; runny nose; occasional sneezing



Stomach
Mild nausea; abdominal discomfort; single vomit

Optional: Give NON-DROWSY ANTIHISTAMINE





Observe up to 2 hours after suspected ingestion.



If symptoms get worse, give epinephrine.



GIVE ANYTIME: USE EPINEPHRINE IF YOU THINK IT'S NEEDED, EVEN IF SYMPTOMS ARE MILD

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Part 2: After epinephrine – Emergency care or home management

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When having a severe allergic reaction, the first step is to use epinephrine. Afterwards, calling 911/EMS and going to the emergency department is recommended for most people. The allergic reaction is the reason for going to the emergency department, not because epinephrine has been used.

In specific circumstances, your healthcare professional may recommend managing a reaction at home.

Talk with your healthcare professional in advance to understand what may be appropriate for you.

If your healthcare professional has recommended managing a reaction at home, the general guidance you would follow is:



- After giving epinephrine, monitor symptoms closely
- If symptoms are getting better within 5 minutes and no new symptoms have occurred, continue to watch carefully
- Hives or a rash may remain even as other symptoms improve
- Continue monitoring for at least 2 hours



Give a second dose of epinephrine and call 911/EMS if symptoms are not getting better, return, or worsen.

Allergists advise to **NOT MANAGE AT HOME** and **CALL 911/EMS IF:**



- You had any heart symptom before using epinephrine
- You are alone
- Medical care is not readily available
- You don't have a second dose of epinephrine
- You are unable or uncomfortable monitoring the symptoms after giving epinephrine
- The person having the reaction has:
  - Asthma that is not well controlled (frequent symptoms or regular use of a rescue inhaler)
  - Had severe anaphylaxis in the past
  - History of symptoms returning after the initial reaction has resolved (biphasic reaction)

IF YOU THINK YOU NEED EMERGENCY CARE, OR IF YOU ARE UNSURE, GO TO THE EMERGENCY DEPARTMENT

References: Anaphylaxis: A 2023 Practice Parameter Update; Canadian Society of Allergy and Clinical Immunology Statement: Considerations for At-Home Management of Food-Induced Anaphylaxis

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