



SToP Anaphylaxis

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Prevent: **Allergen avoidance**
 Avoid the the triggers (allergens and other factors) that you know can cause you reactions

SToP Anaphylaxis

Be aware. Be prepared. Save lives.

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What is anaphylaxis?

Anaphylaxis is a serious allergic reaction that is usually rapid in onset and may cause death.

Spot:

Be aware of the signs of Anaphylaxis.

Airway/Breathing/Consciousness problems.

Airway

- Persistent cough
- Hoarse voice
- Difficulty swallowing
- Swollen tongue

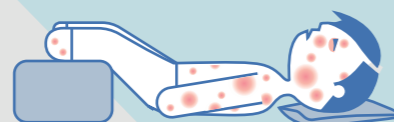
Breathing

- Difficult or noisy breathing
- Wheeze or persistent cough

Consciousness

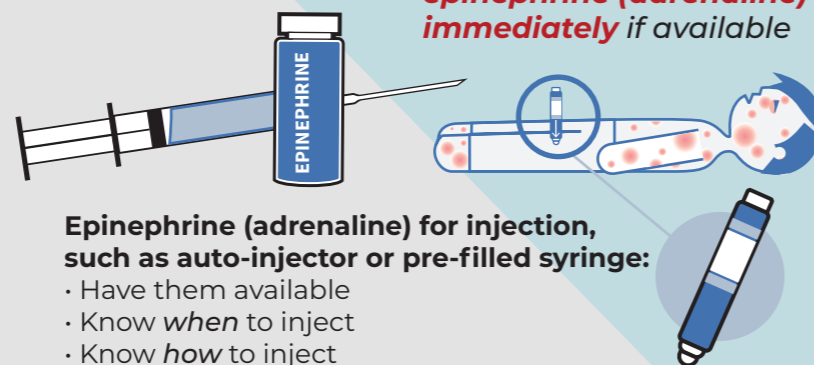
- Persistent dizziness
- Pale or floppy
- Suddenly very sleepy
- Collapse/unconscious

Treat:



Lie flat with legs raised
 (if breathing is difficult, allow to sit)

Administer intramuscular epinephrine (adrenaline) immediately if available



Epinephrine (adrenaline) for injection, such as auto-injector or pre-filled syringe:

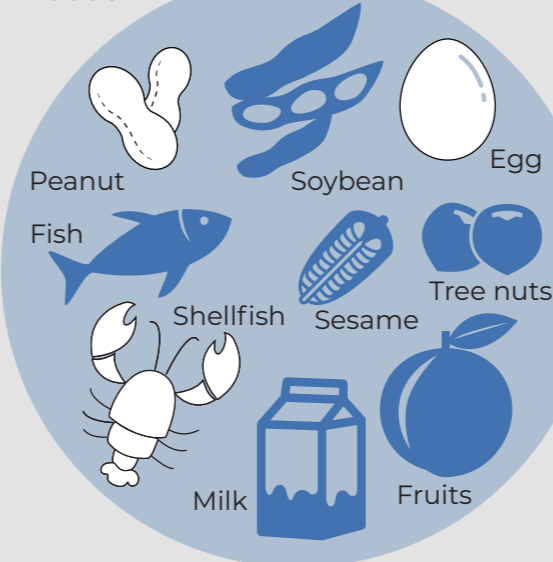
- Have them available
- Know *when* to inject
- Know *how* to inject



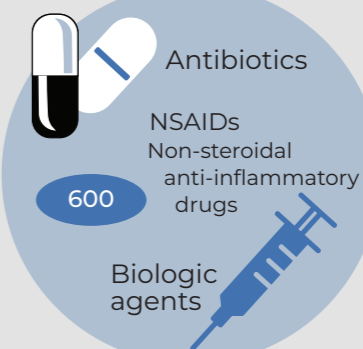
Call for help - ambulance

Disclaimer:
 Do not consider this information to be medical advice. Consult your physician about anaphylaxis and allergic diseases, or any health matter.

Foods



Medications



Aeroallergens



Physical factors
 (e.g. exercise, cold, heat, sunlight)



Seminal fluid

Venoms



Stinging insects



Radiocontrast media



Occupational allergens



Natural Rubber latex



Ethanol

Increase awareness

Make a written emergency plan, keep it with you, and share it with others

Join the conversation:

#worldallergyweek
 #SToPanaphylaxis
 Twitter: @worldallergy

Facebook: www.facebook.com/worldallergy.org

Are you prepared to stop anaphylaxis?

Source: "World Allergy Organization Anaphylaxis Guidance 2020", published in World Allergy Organization Journal 2020, Volume 13, Issue 10 (30 October). <https://doi.org/10.1016/j.waojou.2020.100472>

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WORLD ALLERGY ORGANIZATION

A World Federation of Allergy, Asthma & Clinical Immunology Societies