Firstaidpro

Guide for Anaphylaxis: What is Anaphylaxis?

ACT FAST. LIVES DEPEND ON IT.

WHAT IS ANAPHYLAXIS?

It is the most **severe allergic reaction** a person can have. It can kill within minutes. You must treat it as an emergency — **right now**.

TRIGGERS

- Foods — peanuts, tree nuts, milk, eggs, seafood, sesame
- Insect stings — bees, wasps
- Medications — antibiotics, aspirin, contrast dyes
- Latex

It can happen even if they've never reacted before.

SPOT IT — KNOW THE SIGNS

Mild or Moderate
(Warning Signs That May Come First):

- Swollen lips, face, or eyes
- Hives, welts, or skin redness
- Tingling in the mouth
- Stomach pain or vomiting (after insect sting or injection only)

IF YOU SEE ANY ONE OF THESE, ACT NOW:

SIGNS Breathing difficulty, Swollen tongue, Throat tightening, Hoarse voice, Wheeze / persistent cough, Dizziness or collapse, Pale and floppy

NEVER DO THIS	WHY?
Let them stand or walk	If blood pressure drops, they can die in seconds
Give antihistamines instead of adrenaline	They do NOT treat anaphylaxis
Give adrenaline IV (intravenous)	First aid uses IM (intramuscular) only
Leave them alone	They can deteriorate without warning
Assume they are fine after adrenaline	A second wave can hit — always get to hospital

EVERY ANAPHYLAXIS CASE MUST GO TO HOSPITAL

Even if they recover fully. Even if the adrenaline worked perfectly.
Symptoms can return hours later. This is called a biphasic reaction.

Based on ANZCOR Guidelines anzcor.org | Australian and New Zealand Committee on Resuscitation Guidelines are subject to update. Always verify currency at anzcor.org

Emergency: 000 (AU) | 111 (NZ)
This poster is a quick reference guide only. Attend a certified first aid course for full training.