

ANAPHYLAXIS AWARENESS FLYER

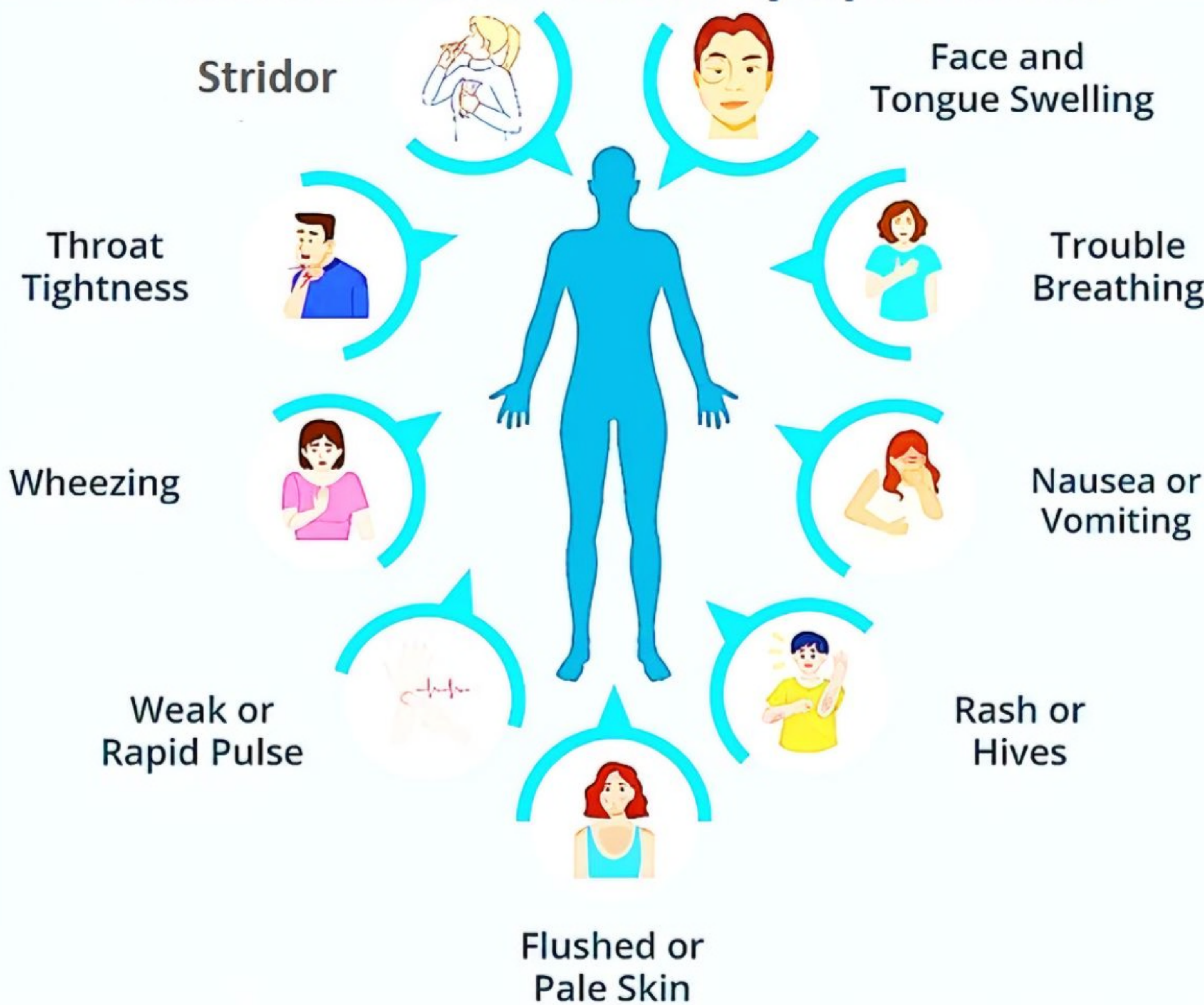
by - IAP ALLERGY AND APPLIED IMMUNOLOGY CHAPTER



SEVERE ALLERGIC REACTION -ANAPHYLAXIS A LIFE THREATENING EMERGENCY

Suspect ANAPHYLAXIS

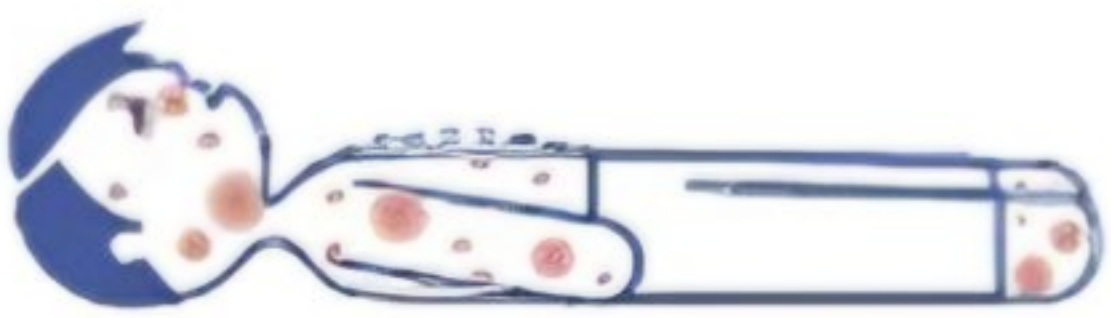
If Acute onset of severe symptoms like



Common causes



ACT FAST TO SAVE A LIFE



POSITION

Lie FLAT



If Breathlessness
SIT with LEG STRAIGHT



If Vomiting or Pregnant
LEFT LATERAL Position



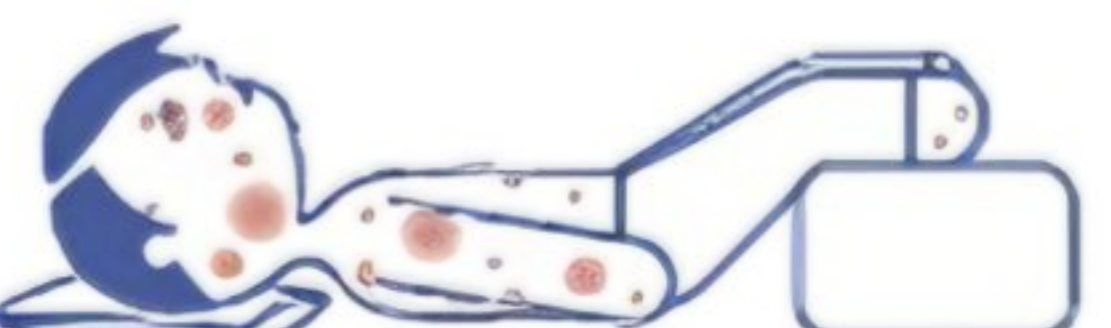
INFANTS



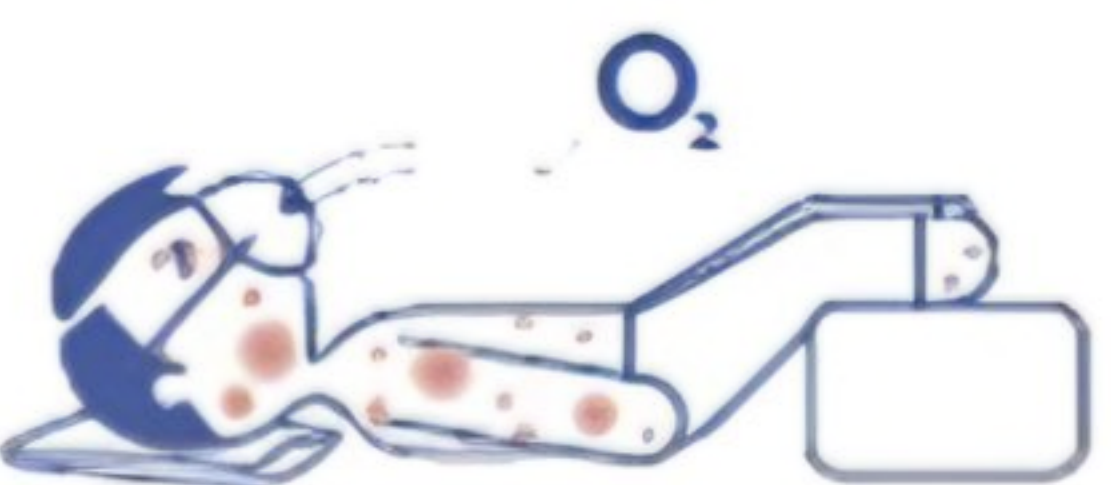
CALL FOR HELP/ AMBULANCE



GIVE ADRENALINE PREFILLED OR AUTO-INJECTOR AS PRESCRIBED BY DOCTOR



LEGS ELEVATED



GIVE OXYGEN IF AVAILABLE

PRECAUTIONARY STEPS

At Personal Level

- Know your Allergens
- Always read food labels
- Enquire at restaurant about food ingredients.
- Inform about your allergies at school or workplace
- Wear A Medical Alert Bracelet Or Necklace

At Restaurant Level

- Mention Food Allergen Alerts in the menu
- Avoid cross contamination, by using separate vessels for cooking and serving

At School Level

- Watch for tiffin sharing among children with food allergies
- Caution at school canteen
- Keep a dedicated space and nursing staff to give first aid.

- Always carry/ keep and get trained to administer Adrenaline/ Epinephrine (Prefilled or Auto-injector)
- Train regularly family members/ restaurant and school staffs
- Reach out to nearby hospital