Anaphylaxis Awareness—
What You Can Do

Did You Know?

- Anaphylaxis (ana-filk-aks) is a severe allergic reaction resulting from contact with allergy triggers.
- It is rapid in onset and can cause death.
- Food allergies are the most common cause of anaphylaxis in children, and they are on the rise.
- An estimated six million children have food allergies and between 16% and 18% of children have had an anaphylactic reaction at school.
- Twenty-five percent of allergic reactions at school happen to kids who didn’t know they had a food allergy.
- Up to 3% of the US population may experience anaphylaxis due to insect stings.
- Roughly 40 to 100 anaphylactic deaths in the US result from insect stings each year.
- Of all medication allergy triggers, penicillin is the most frequent cause of anaphylaxis and accounts for about 75% of fatal anaphylactic cases in the US each year.
- As many as 16 million people may be allergic to latex (e.g., gloves).

Protect Your Children

Staying clear of known allergy triggers must be the first line of defense in reducing the risk of anaphylactic reactions. Additionally, if your child is allergic, it is important to have an allergy management plan in place.

The signs and symptoms of an anaphylactic reaction may include one or more of the following:

- Sudden hives
- Lip swelling
- Trouble breathing
- Dizziness
- Nausea

An anaphylactic reaction can occur suddenly, and can be life-threatening. If you think your child may be at risk, check with a doctor. Ask if an epinephrine auto-injector is right for them.

Epinephrine/epinephrine auto-injector is considered to be the first-line treatment of choice. Seek immediate emergency medical treatment after use.

It is essential to have access to these auto-injectors in all the places your child goes every day.

Be sure to follow your product’s storage instructions.