

Anaphylaxis: A Preventable Threat

WORLD ALLERGY WEEK 2025
29 June to 5 July



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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

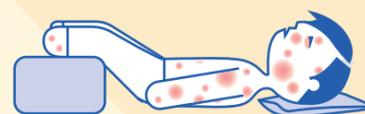
Breathing

- Difficult or noisy breathing
- Wheeze or persistent cough

Consciousness

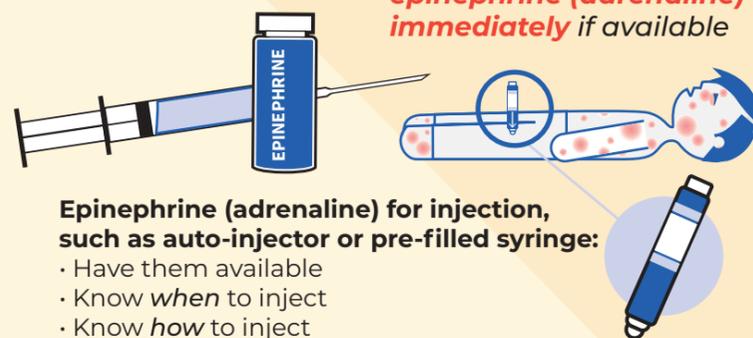
- Persistent dizziness
- Pale or floppy
- Suddenly very sleepy
- Collapse/unconscious

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:

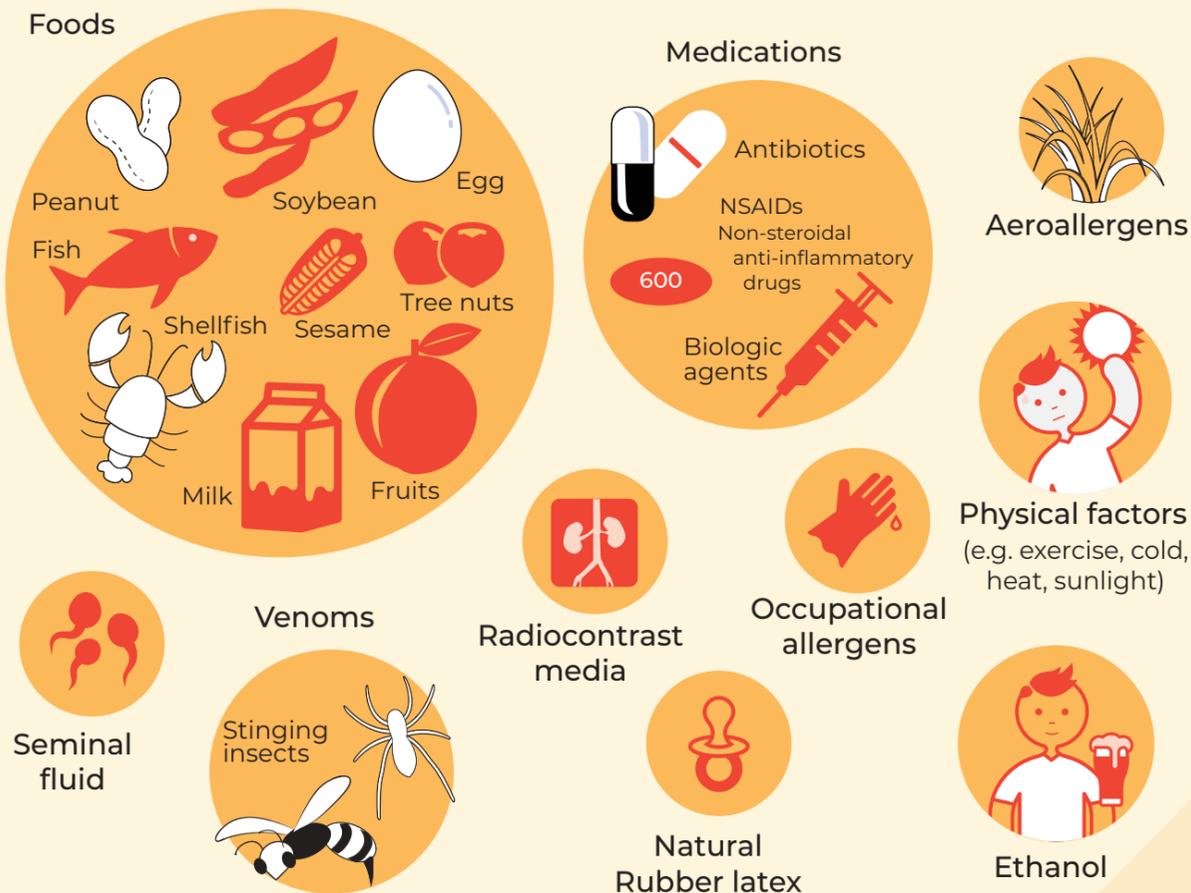
- Have them available
- Know *when* to inject
- Know *how* to inject



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.

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



Improve confidence

- Always carry self-injectable epinephrine (adrenaline) for use according to your physician's recommendations
- Make sure you know when and how to self-inject: speak to your physician

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

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Source:
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