

Anaphylaxis



What is anaphylaxis?

Anaphylaxis is a severe allergic reaction. The whole body is affected, usually within minutes of exposure to the allergen. It can take seconds or several hours.

Anaphylaxis symptoms

- ⌚ Swelling of the mouth or throat.
- ⌚ Difficulty in swallowing or speaking.
- ⌚ Difficulty breathing.
- ⌚ Alterations in the heart rate.
- ⌚ A rash anywhere on the body (hives).
- ⌚ Abdominal cramps and nausea.
- ⌚ Sudden feeling of weakness.
- ⌚ Collapse and unconsciousness.



What's happening in the body?

An anaphylactic reaction is caused by the sudden release of histamine in the body. This occurs when you come into contact with an allergen you are allergic to and is always after previous exposure to the allergen. This can be something you have eaten, inhaled, injected or touched.

It is important to seek medical help regardless of the severity of the reaction or severity of your symptoms and, if symptoms have appeared, to be resolved.

Types of reactions

- 🌀 **Uni-phasic** - Rapidly developing severe reaction involving the airway or circulation.
- 🌀 **Bi-phasic** - Early symptoms as above, then a symptom-free period of 1 hour, then increasing symptoms involving breathing and circulation.

Common causes

- 🌀 **Food allergens** - Peanuts, tree nuts (such as walnuts or almonds), milk, egg, sesame, fish, shellfish and kiwi.
- 🌀 **Non-food allergens** - Wasp sting, bee sting, latex, penicillin.



Treatments

Adrenaline is the main treatment for anaphylaxis:

- Reverses swelling.
- Relieves asthma.
- Constricts the blood vessels.
- Stimulates the heartbeat.

It is important to have an up-to-date allergy plan in preschool and school settings. If you use an asthma inhaler or antihistamine, this should be available at all times.

Please contact your School Nurse if you need to update your allergy plan or need support with your allergies.

For more information, visit:

 www.anaphylaxis.org.uk

Contact

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