

HOW TO RECOGNIZE & TREAT AN ALLERGIC REACTION

Recognizing an Allergic Reaction

Symptoms of an allergic reaction will appear anywhere from a few minutes to two hours after the individual comes into contact with an allergen.

Mild Symptoms:



Sneezing or itchy/runny nose



Itchy mouth



Mild itch or a few hives



Mild nausea or discomfort

Severe Symptoms:



Mouth: significant swelling of the tongue or lips



Skin: multiple hives over body or widespread redness



Gut: severe diarrhea or repetitive vomiting



Lungs: shortness of breath, wheezing, or repetitive cough



Heart: pale/bluish skin, faintness, weak pulse, or dizziness



Throat: tightness, hoarseness, or trouble breathing or swallowing



Psychological: the feeling that something bad is about to happen or anxiety/confusion

If more than one mild symptom is occurring, this will be considered a severe reaction.

Treating an Allergic Reaction

The only medication that can reverse an allergic reaction is epinephrine.

When in doubt, trust your gut and use it!

You can develop an allergy to anything during any point in your life.

Consult with your doctor to determine your own personalized emergency care plan.

Below are generic steps for an individual to take if an allergic reaction is occurring:

1 Call 911.

2 Use epinephrine as soon as the first sign of a severe allergic reaction is identified. If epinephrine has been administered, inform first responders.

3 Go to the emergency room. Even if all symptoms have resolved, further treatment could be required.

PER FLORIDA'S GOOD SAMARITAN ACT:

Any person, including those licensed to practice medicine, who willingly, and in good faith, provides emergency care or treatment to another in an emergency situation shall not be liable for any civil damages as a result of such aid or treatment.