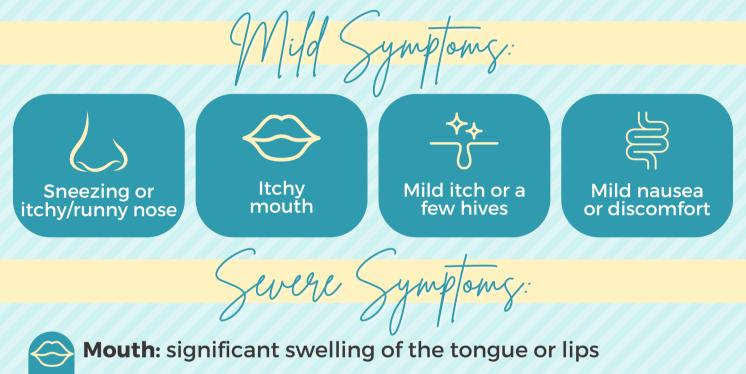
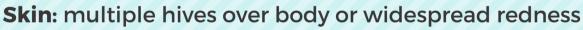
HOW TO RECOGNIZE & TREAT AN ALLERGIC REACTION

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.







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

Psyc happ

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

