

# SIGNS & SYMPTOMS OF AN ALLERGIC REACTION

AN ALLERGIC REACTION TO FOOD/INSECTS CAN VERY QUICKLY BECOME LIFE-THREATENING. IT IS UP TO ALL OF US TO KNOW THE SIGNS & SYMPTOMS AND HOW TO RESPOND.

## MILD TO MODERATE ALLERGY

- Swelling of the face, lips and eyes
- Tingling in the mouth  
Swelling of the lips
- Stomach pain and vomiting  
(NOTE: These are signs of a severe allergic reaction to insects)
- Hives & welts (anywhere on the body)

### WHAT TO DO

- Stay with person & call out for help
- Give medications prescribed
- Locate an adrenaline autoinjector if available
- Call their emergency contact

## SEVERE ALLERGY (ANAPHYLAXIS)

- Dizziness  
Collapse  
Pale and floppy (young children)
- Swelling of tongue
- Difficulty talking &/or hoarse voice
- Difficult breathing/noisy breathing  
Wheeze or persistent cough
- Swelling/tightness in the throat

**!** If someone with known food or insect allergy suddenly develops severe asthma like symptoms, give adrenaline autoinjector FIRST, then asthma reliever

### WHAT TO DO

- Lay the person flat raise legs if possible. If breathing is difficult allow to sit (but not stand or walk)
- Administer the adrenaline autoinjector
- Call an ambulance
- Call their emergency contact
- If after five minutes there is no response or the reaction is worsening, administer a second adrenaline autoinjector if available.

**5 min**

If an incident has occurred where you have used an adrenaline autoinjector or called an ambulance as a result of an allergic or anaphylactic reaction contact the NSW Department of Education's Incident Report and Support Hotline on 1800 811 523.