

# QuickAllergy Card

## **Allergy Emergencies – Is This Anaphylaxis?**

Anaphylaxis is a life-threatening allergic reaction that can be fatal within minutes. It should be taken seriously. Quick action is necessary!

### **Anaphylaxis is a severe allergic reaction to:**

- Food
- Stinging insects
- Medications
- Latex
- Exercise
- Unknown causes

### **Symptoms of anaphylaxis may include:**

- Generalized itching with or without hives
- Swelling of the throat, lips, tongue and eye area
- Difficulty breathing and/or swallowing
- Metallic taste or itching in mouth
- Abdominal cramps, nausea, vomiting, diarrhea
- Increased heart rate
- Weakness, collapse, paleness
- Lightheadedness, loss of consciousness

**If you think you are having an allergy emergency or anaphylaxis, follow the emergency plan you and your health care professional have developed.**

*(Turn card over)*

### **Be Prepared!**

Wearing a medical ID bracelet, which includes allergies and the possibility of anaphylaxis, will help ensure fast, effective treatment.

## Your *emergency plan* may include:

- Using one of your EpiPen® auto-injectors
- Also taking an antihistamine, if prescribed by your physician
- Calling 911 or having someone take you to the emergency room

If you have an anaphylactic episode, you **must** seek further medical care immediately. The effects of an EpiPen® only last 15-20 minutes.

Write your physician's and emergency contact person's phone number in the box below and keep this card in your purse, briefcase or backpack. You may need this information at the emergency room.

### *My physician is:*

Name \_\_\_\_\_ Phone Numbers \_\_\_\_\_

### *My emergency contact person is:*

Name \_\_\_\_\_ Phone Numbers \_\_\_\_\_



Asthma and Allergy  
Foundation of America

*For more information on anaphylaxis and using an EpiPen®, visit [www.epipen.com](http://www.epipen.com)*

*Visit the Asthma and Allergy Foundation of America® website, [www.aafa.org](http://www.aafa.org), for more important details on managing allergies and asthma.*

*Funded by an unrestricted educational grant from Dey, LP*