

Anaphylaxis Symptom Checklist

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Step 1: Is it possible the patient encountered a known allergen: Yes (Continue!) No (STOP!)
Check all the categories below you or your child are experiencing.

Severe Symptoms:

☐ **Mental Status:**

- Anxiety
- Confusion
- Feeling of doom

☐ **Face:**

- Swelling of face
- Swelling of tongue

☐ **Throat:**

- Hard to breathe
- Hard to swallow
- Tightness

☐ **Heart:**

- Dizziness
- Faintness
- Paleness
- Weak pulse

☐ **Lungs:**

- Coughing
- Noisy breathing
- Shortness of breath



☐ **Stomach:**

- Severe diarrhea
- Vomiting over and over

Mild Symptoms:

☐ **Nose:**

- Itchy
- Runny
- Sneezing

☐ **Mouth:**

- Itchy

☐ **Stomach:**

- Nausea
- Upset stomach

☐ **Skin:**

- Itchy
- A few hives



☐ **Skin:**

- Rash covering the body
- Redness covering the body



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Step 2: How many of the categories did you check?

If any severe categories are checked above:

Give epinephrine auto-injector

See back for instructions

Let the person sit up or lie on their side (if vomiting)

If more than one mild categories are checked above:

Give epinephrine auto-injector

See back for instructions

Let the person sit up or lie on their side (if vomiting)

If no severe categories are checked:
DO NOT give epinephrine



If one or less mild categories are checked:
DO NOT give epinephrine



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Step 3: Monitor your child closely

Call 911. If symptoms worsen or do not improve after 5 minutes, give epinephrine again while waiting for medical help to arrive.



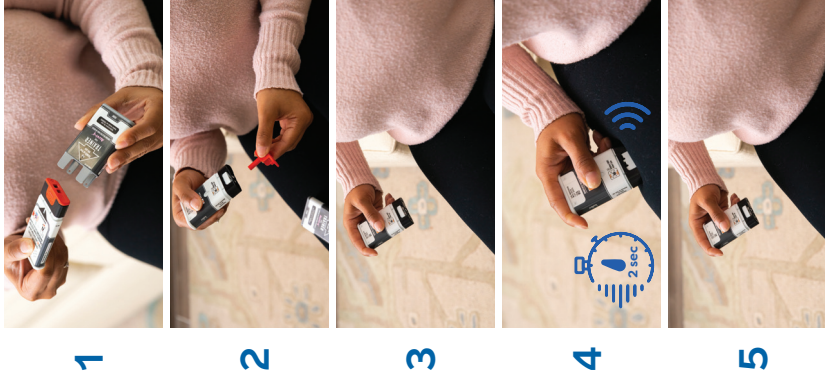
EpiPen and EpiPen Jr.



Adrenaclick



AUVI-Q



Teva



Epinephrine is a lifesaving medication used for anaphylactic (severe allergic) reactions and can be given through clothes.

Side effects: shakiness/tremors, lightheadedness, increased heart rate, anxiety, nausea/vomiting, sweating, pale skin

Storage: room temperature, keep out of heat and cold (avoid leaving in car)

How to dispose of injector: the injector may be disposed of in a sharps container or a hard sided container like a laundry detergent container prior to throwing in the trash

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