

Allergic Reaction Guide

1. Remain Calm

2. Observe Symptoms

- If mild, give antihistamine
- If severe, give Epinephrine

Remove allergen if possible

MILD SYMPTOMS



Mild Itch or Swelling



Mild Rash or Itchiness



Mild Discomfort



Itchy-Runny Nose or Eyes

For mild symptoms affecting more than one system, give Epinephrine

SEVERE SYMPTOMS



Wheezing or Shortness of Breath



Faint, Weak, or Dizzy



Major Swelling



Widespread Rash or Swelling



Vomiting or Diarrhea



Disoriented or Unresponsive

For any severe symptom give epinephrine, Call 911

Giving Epinephrine

- 1** Remove safety cap
- 2** Inject into mid-thigh
- 3** Count to 3 and release
(Some may require more time)
- 4** Rub area for 10 seconds
- 5** Call 911 *(if not already done)*
- 6** Keep patient in a comfortable position
- 7** After 5 minutes give second dose in other thigh if needed

- For none life threatening allergic reactions give an antihistamine and monitor symptoms.
- When in doubt give epinephrine



Rescue Care Training

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