Anaphylaxis is a severe, life-threatening allergic reaction, usually to food, insect venom, medication or latex. Symptoms include: hives, swelling of lips and/or tongue, coughing, wheezing, vomiting, shortness of breath, dizziness, chest tightness, headache, weak pulse, confusion and loss of consciousness.

YOU NEED 2
ALWAYS CARRY 2 EPINEPHRINE AUTO-INJECTORS

1st line of treatment = Epinephrine

Why “You Need 2”
15-30% of all anaphylaxis patients experience a 2nd reaction (called a biphasic reaction)

Almost 20% of children experiencing a food-related anaphylaxis reaction will experience a 2nd reaction

Keep Watching
A 2nd reaction can occur within 5 to 15 minutes after the 1st dose is administered.
It can also occur between 8 and 72 hours after the 1st reaction.

Any delay of treatment = Greater chance for hospitalization + Greater risk for death
Don’t delay anaphylaxis treatment!

Sources:
• Guidelines for the Diagnosis and Management of Food Allergy in the United States – National Institute of Allergy & Infectious Diseases (NIAID)
• Use of Multiple Doses of Epinephrine in Food-Induced Anaphylaxis in Children – Jarvinen, K.; Sicherer, S.; Sampson, H.; Nowak-Wegrzyn, A. – Journal of Allergy and Clinical Immunology