

Anaphylaxis **FAACTs**

- 1** Is a **serious allergic reaction** that comes on quickly and has the potential to become life-threatening.
- 2** Epinephrine (adrenaline) is the **first line of treatment** for anaphylaxis. Prompt administration of epinephrine is crucial to surviving a potentially life-threatening reaction.
- 3** **Symptoms** can develop rapidly after exposure to an allergen, often within minutes and usually within 30 minutes. However, it can take up to 2 hours for symptoms to occur after exposure to a food allergen.
- 4** After epinephrine has been administered, have the person **lay down with his or her legs** raised, if possible, to help restore blood flow to vital organs (heart, lungs, brain).
- 5** **Call 9-1-1** and/or seek medical attention immediately. Monitoring or additional medications may be required. Repeated doses of epinephrine may be necessary if the symptoms are not going away.
- 6** Sometimes a second round (or “phase”) of allergic reactions can occur after the initial anaphylactic reaction. This is called **“biphasic anaphylaxis”**. A second reaction may happen as early as an hour after the first reaction or as long as 72 hours later and can be less severe, as severe, or even more severe than the initial reaction.