

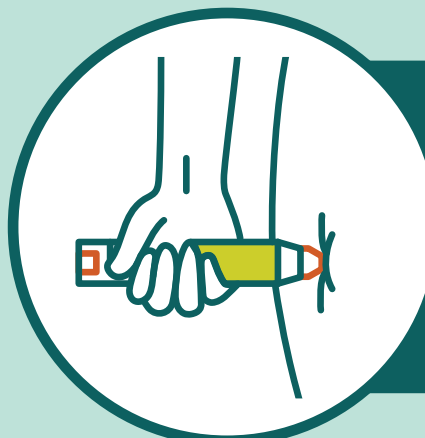
5 STEPS TO STAY SAFE After Anaphylaxis



Know the signs
and symptoms



Manage your
allergy and
avoid triggers



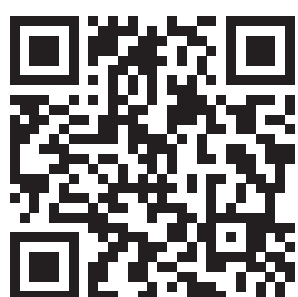
Always keep
your adrenaline
injector close by –
know how to use it



Have an ASCIA
Action Plan



Follow-up
with your GP
and specialist



For advice on living with allergies,
call Allergy & Anaphylaxis Australia on
1300 728 000

safetyandquality.gov.au/allergy-safe