

Anaphylaxis in Australia

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- Anaphylaxis occurs when our immune system reacts to an allergen or allergy trigger.
- Anaphylaxis is the most severe form of allergic reaction.
- It must be treated as a medical emergency, as it can be life threatening.



Common triggers of anaphylaxis



5 STEPS TO STAY SAFE After Anaphylaxis

- 1 Know the signs and symptoms – they differ for everyone
- 2 Manage your allergy and avoid triggers – to prevent future episodes
- 3 Have an ASCIA Action Plan – so you, or others, can act fast in an emergency
- 4 Always keep your adrenaline injector close by – and know how to use it
- 5 Follow-up with your GP and specialist – to know how to best manage your allergy

Talk to your healthcare professional if you have questions.

Food allergies



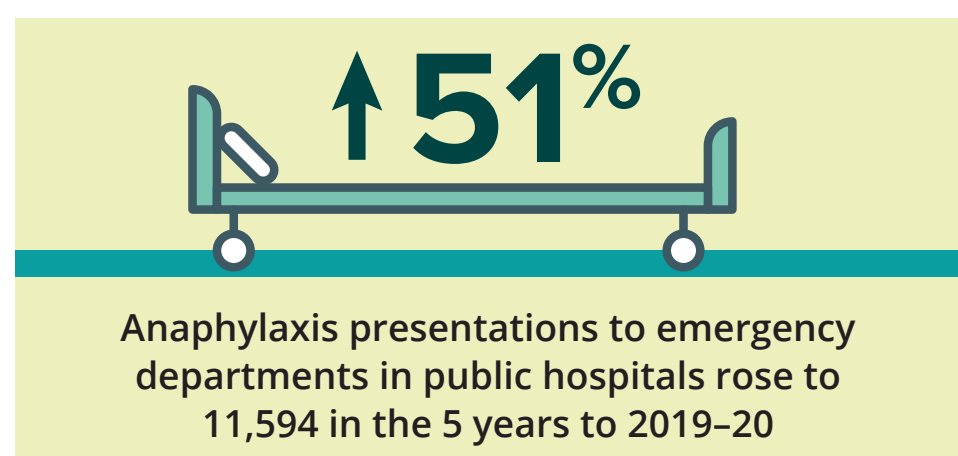
Signs + symptoms

Anaphylaxis signs and symptoms can vary and include:

- Respiratory
- Cardiovascular
- Skin
- Gastrointestinal



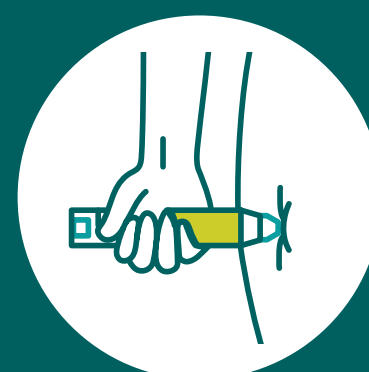
Emergency hospital visits



First-line treatment

1 in 4

ED patients don't receive timely adrenaline injections



Find out more at: safetyandquality.gov.au/allergy-safe