



Asthma & Anaphylaxis

What is Anaphylaxis?

- Anaphylaxis is a severe allergic reaction.
- Different parts of the body can be affected all at once.
- The signs of anaphylaxis may not always be the same.
- Anaphylaxis is most often caused by foods, medicines or insect stings. It can be caused by other things, such as latex or exercise.
- Reactions are unpredictable, but usually occur within a few minutes after contact.
- Anaphylaxis usually occurs soon after contact, but can happen up to 2 hours later.
- Antihistamine medicines **will not** prevent or stop anaphylaxis.
- **Anaphylaxis is a medical emergency. Death can occur if not treated.**

Asthma & Anaphylaxis

- **Anaphylactic reactions can be worse if you also have asthma, especially if asthma is not well controlled.**
- Trouble breathing can occur with both asthma and anaphylaxis. Asthma symptoms usually get worse over days. Breathing problems due to anaphylaxis will come on quickly.
- Asthma inhalers will not work for anaphylaxis. **Epinephrine (adrenalin) is needed to treat anaphylaxis.**

Common Signs of Anaphylaxis

- Sudden swelling of the lips, tongue, throat or face.
- Severe drooling or trouble swallowing.
- Sudden breathing problems such as cough, wheeze or feeling short of breath.
- Severe hives or itching.
- Severe repeated vomiting.
- Dizziness or fainting.

Managing Anaphylaxis

- **Keep asthma under good control.**
- See an allergy doctor to confirm allergies.
- Avoid the things to which you are allergic. Always read labels of the food you buy and eat.
- **Always carry your epinephrine auto-injector: EpiPen[®], Allerject[™] or Emerade[™]. It can save your life.**
- **Use your auto-injector at the earliest sign of anaphylaxis. Most deaths occur because of a delay in using the auto-injector.**
- **If in doubt, use the auto-injector: EpiPen[®], Allerject[™] or Emerade[™].**
- As soon as it is used, call **911** or have someone take you to the nearest **Emergency Department.**



- Check your auto-injector's expiry date. Replace it when it is expired. Review when and how to use it every month.
- Avoid exposing your auto-injector to extreme heat or cold.
- Make sure that family, friends and other caregivers know about the allergy and anaphylaxis plan and know how to use the auto-injector.
- School age children, teens and adults who are at risk for anaphylaxis should wear a MedicAlert® bracelet.

How to Use the EpiPen®

- Hold EpiPen® in your fist.
- Pull off **blue** cap.
- Place **orange** tip against mid outer thigh.
- Push against leg firmly and quickly until you hear the “**click**”.
- Hold in place for 5 seconds.
- Remove EpiPen® and call 911 or have someone take you to the nearest **Emergency Department**.
- See www.epipen.ca for more information.

How to Use the Allerject™

- Pull Allerject™ from outer case.
- Listen to instructions.
- Pull off **red** safety guard.
- Place **black** end against mid outer thigh.
- Press down firmly until it injects.
- Hold in place for 5 seconds.
- Remove Allerject™ and call 911 or have someone take you to the nearest **Emergency Department**.
- See www.allerject.ca for more information.

How to Use the Emerade™

- Remove the needle shield.
- Press the needle (tip) gently against the mid outer thigh, into the muscle.
- A “click” can be heard when the injection goes into the muscle.
- Hold the pen against the thigh for 5 seconds.
- Lightly massage the injection site afterwards.
- Call 911 or have someone take you to the nearest Emergency Department.
- See www.emerade.ca for more information.

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Facebook: The Children's Allergy & Asthma Education Centre (CAAEC)



You Tube Channel:
Allergy and Asthma Education

Family Information Library- HSC Children's Hospital

Items can be mailed to you free of charge-visit:
www.hsc.mb.ca/family-info-library.html

to search our catalogue of resources.

Phone: 204-787-1012

Email: familylibrary@hsc.mb.ca

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