

# anaphylaxis australia inc



developing anaphylaxis awareness through education, research and support

**ANAPHYLAXIS IS THE MOST SEVERE FORM OF ALLERGIC REACTION AND CAN BE LIFE THREATENING. IT MUST BE TREATED AS A MEDICAL EMERGENCY.**

## What exactly is anaphylaxis?

Anaphylaxis is a generalised allergic reaction which often involves more than one body system (eg, skin, respiratory, gastro-intestinal, cardiovascular). A severe allergic reaction usually occurs within 20 minutes of exposure to the trigger.

## Common triggers of anaphylaxis include:

- **FOOD**
- **INSECT STINGS**
- **MEDICATION**

Familiarise yourself with the signs and symptoms of an allergic reaction, ranging from mild to severe. Know how and when to administer an EpiPen® (auto-injector) containing life-saving adrenaline.

## Resources for schools

Anaphylaxis Australia Inc has many informative resources for both teachers and students. Resource materials include EpiPen® Trainer (practise EpiPen®) with question and answer booklet, videos, children's storybooks, school allergy education program (Be a MATE — Make Allergy Treatment Easier) and school posters.

Visit the Anaphylaxis Australia Inc website [www.allergyfacts.org.au](http://www.allergyfacts.org.au) or contact Tel: 1300 728 000 or Fax: 02 9831 1045

There is no cure for food allergy — education is the key. Education on management and emergency treatment is crucial.

## FREE Anaphylaxis Action Plan poster.

Please ring 1800 173 072 if you would like additional copies of this free poster that was included with the magazine.

