

This information is for general purposes and is not intended to replace the advice of a qualified health professional.

- Train family and friends to help you in an emergency
- Call 911/Rescue Squad
- Inject epinephrine promptly if you have an allergic reaction
- Carry self-injectable epinephrine at all times
- Have an Emergency Action Plan
- Know and avoid your triggers
- Be able to recognize symptoms

ANAPHYLAXIS CAN BE FATAL!
Anaphylaxis is a sudden, severe allergic reaction.



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ANAPHYLAXIS SYMPTOMS

- MOUTH** itching, swelling of lips or tongue
- THROAT** itching, tightness, closure, hoarseness
- SKIN** itching, hives, redness, swelling
- STOMACH** vomiting, diarrhea, cramps
- LUNG** shortness of breath, cough, wheeze,
- HEART** weak pulse, dizziness, passing out



ACT FAST! Symptoms can be life-threatening!
Only a few of these symptoms may be present.

Print this wallet card at your office:

1. Print the page
2. Cut out the card
3. Fold along the dotted lines, so it fits in your wallet
4. You may wish to print multiple copies to use with patients



PERSONAL INFORMATION

Name: _____

Date of Birth: _____

Allergy to: _____

Other Health Problems: _____

EMERGENCY CONTACT: Name: _____

Relationship to Patient: _____

Phone: _____ Alt Phone: _____

WHAT TO DO

- INJECT EPINEPHRINE IN UPPER LEG / THIGH
- CALL 911
- INJECT ANOTHER DOSE OF EPINEPHRINE IN 5 MINUTES if needed
- Lay patient with feet elevated above heart
- Apply tourniquet above injection site and administer local anesthetic with ice at injection site

Print this wallet card at a print shop:

1. Download this file to your removable media (e.g. USB, CD)
2. Bring your removable media to your local print shop (e.g. Kinkos, Staples, Office Depot)
3. Ask them to print it on cardstock; option: laminate
4. Cut out the card
5. Fold along the dotted lines, so it fits in your wallet
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