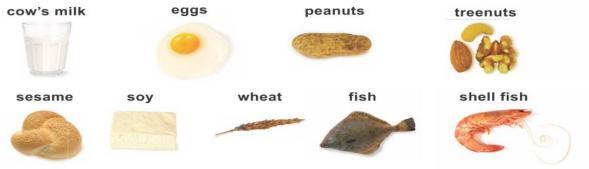
Foods that most often cause an allergic reaction:

ow's milk, eggs, peanuts, tree nuts, sesame, soy, wheat, sh and shell sh owe er, other less common foods can also cause allergic reactions including anaphylaxis



Anaphylaxis

Anaphylaxis is a sudden severe allergic reaction that can be life threatening. Anaphylaxis must always be treated as a medical emergency.

Signs of a mild to moderate allergic reaction:

- Swelling of lips, face, eyes
- Hive or welts
- Tingling mouth
- Abdominal pain, vomiting (these are signs of anaphylaxis for insect allergy)

Signs of an anaphylaxis (severe allergic reaction): Watch for ANY ONE of the following signs of anaphylaxis

- Difficult/noisy breathing
- Swelling tongue
- Swelling/tightness in throat Difficulty talking and/or hoarse voice Persistent dizziness or collapse
- · Pale and floppy (young children)
- If you see someone showing signs of a severe allergic reaction, act fast. Follow their ASCIA Action Plan if they have one. Administer the adrenaline (epinephrine) autoinjector if available and call an ambulance on triple zero (000).