

# Signs and symptoms of anaphylaxis

A suggestion for implementing the strategy  
'Recognise and respond to allergic reactions'  
from the Guide: [Allergies and learning](#)

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## **Includes:**

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Inclusive Education

From

Guide: [Allergies and learning](#)

Strategy: [Recognise and respond to allergic reactions](#)

Suggestion: [Signs and symptoms of anaphylaxis](#)

Date

07 July 2026

Link

[inclusive.tki.org.nz/guides/allergies-and-learning/signs-and-symptoms-of-anaphylaxis](http://inclusive.tki.org.nz/guides/allergies-and-learning/signs-and-symptoms-of-anaphylaxis)

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## What to look for

A short animation explaining the signs and symptoms of anaphylaxis.



Video hosted on Youtube <http://youtu.be/e19iGP33YNA>

Closed Captions

**Source:**

[Allergy & Anaphylaxis Australia](#)

<https://www.youtube.com/channel/UCe-1toX-SU-JfIND9-GMQNQ>

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## Signs and symptoms

Anaphylaxis should always be treated as a medical emergency requiring immediate treatment.

Delayed administration of adrenaline can be life threatening.

One or more of these symptoms is a sign of anaphylaxis:

- difficult/noisy breathing
- swelling of tongue
- swelling/tightness in throat
- difficulty talking and/or hoarse voice
- wheeze or persistent cough
- loss of consciousness
- collapse
- pale and floppy (young children).

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## Be prepared

### Life-threatening signs and symptoms

<b>A</b> irway	<ul style="list-style-type: none"><li>• swelling of tongue,</li><li>• difficulty talking and/or hoarse voice</li><li>• swallowing difficulties</li></ul>	
<b>B</b> reathing	<ul style="list-style-type: none"><li>• difficult/noisy breathing</li><li>• wheeze or persistent cough</li></ul>	
<b>C</b> irculation	<ul style="list-style-type: none"><li>• pale and floppy (young children)</li><li>• shock (pale, clammy)</li><li>• persistent dizziness</li><li>• collapse</li><li>• loss of consciousness</li></ul>	

### Other signs and symptoms

<b>S</b> kin	<ul style="list-style-type: none"><li>• hives</li><li>• welts</li><li>• swelling of lips, face, eyes</li></ul>	
<b>G</b> astrointestinal	<ul style="list-style-type: none"><li>• abdominal pain</li><li>• cramps</li><li>• diarrhoea</li><li>• vomiting</li></ul>	
<b>N</b> ervous System	<ul style="list-style-type: none"><li>• anxiousness</li><li>• confusion</li><li>• agitation</li></ul>	

Source:

Allergy New Zealand

<https://www.allergy.org.nz/education/schools-and-preschools/guidelines/>

[View full image \(249 KB\)](#)

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## Recognise food allergy symptoms

Examples of how young children with food allergies might communicate their symptoms.

- It feels like something is poking my tongue.
- My tongue (or mouth) is tingling (or burning).
- My tongue (or mouth) itches.
- My tongue feels like there is hair on it.
- My mouth feels funny.
- There's a frog in my throat.
- There's something stuck in my throat.
- My tongue feels full (or heavy).
- My lips feel tight.
- My throat feels thick.
- It feels like a bump is on the back of my tongue or throat.

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## Ask family and whānau

Younger children may not be able to communicate their symptoms.

Ask parents:

- the signs you need to be aware of
- how their child communicates symptoms
- if their child has ever had anaphylaxis.

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## Useful resources



### Anaphylaxis resources

Downloadable posters, action plans, checklists, adrenaline autoinjector information, anaphylaxis guidelines, ASCIA anaphylaxis e-training courses, translations of anaphylaxis information, and general allergy information.

Publisher: Australasian Society of Clinical Immunology and Allergy

[Visit website](#)



### Allergy and Anaphylaxis Guidelines for Schools and Kura

Read time: 37 min

Guidelines to support school leadership, management, and teachers throughout New Zealand to manage allergies and anaphylaxis.

[Visit website](#)

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