

Signs and symptoms of anaphylaxis

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

Includes:

What to look for

Signs and symptoms

Be prepared

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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

11 September 2025

Link

inclusive.tki.org.nz/guides/allergies-and-learning/signs-and-symptoms-of-anaphylaxis

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

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

Other signs and symptoms

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

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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