

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

Recognise food allergy symptoms

Ask family and whānau

Useful resources

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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Suggestion: Signs and symptoms of anaphylaxis

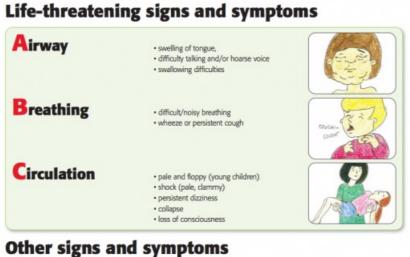
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Be prepared



Skin	hives welts swelling of lips, face, eyes	4 1
Gastrointestinal	abdominal pain cramps diarrhoea	
Nervous System	vomiting anxiousness confusion agitation	

Source:

Allergy New Zealand

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

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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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