

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

Inclusive Education

From

Guide: [Allergies and learning](#)

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

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

Date

09 October 2021

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

<http://www.allergy.org.nz/site/allergynz/files/Allergy%20and%20anaphylaxis%20guidelines%20-%20green.pdf>

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Recognise food allergy symptoms

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

- 1 It feels like something is poking my tongue.
- 2 My tongue (or mouth) is tingling (or burning).
- 3 My tongue (or mouth) itches.
- 4 My tongue feels like there is hair on it.
- 5 My mouth feels funny.
- 6 There's a frog in my throat.
- 7 There's something stuck in my throat.
- 8 My tongue feels full (or heavy).
- 9 My lips feel tight.
- 10 My throat feels thick.
- 11 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

Publisher: Australasian Society of Clinical Immunology and Allergy

[Visit website](#)



Allergy and anaphylaxis guidelines for early childhood services and schools

Read time: 37 min

Publisher: Allergy New Zealand

[Visit website](#)



What is anaphylaxis?

Read time: 3 min

Publisher: Allergy & Anaphylaxis Australia

[Download PDF](#)

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