




# Be prepared

## Life-threatening signs and symptoms

<b>Airway</b>	<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>Breathing</b>	<ul style="list-style-type: none"><li>• difficult/noisy breathing</li><li>• wheeze or persistent cough</li></ul>	
<b>Circulation</b>	<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>Skin</b>	<ul style="list-style-type: none"><li>• hives</li><li>• welts</li><li>• swelling of lips, face, eyes</li></ul>	
<b>Gastrointestinal</b>	<ul style="list-style-type: none"><li>• abdominal pain</li><li>• cramps</li><li>• diarrhoea</li><li>• vomiting</li></ul>	
<b>Nervous System</b>	<ul style="list-style-type: none"><li>• anxiousness</li><li>• confusion</li><li>• agitation</li></ul>	

Source:

Allergy New Zealand

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

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