

Be prepared

Life-threatening signs and symptoms

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

Other signs and symptoms

Skin	<ul style="list-style-type: none">• hives• welts• swelling of lips, face, eyes	
Gastrointestinal	<ul style="list-style-type: none">• abdominal pain• cramps• diarrhoea• vomiting	
Nervous System	<ul style="list-style-type: none">• anxiousness• confusion• agitation	

Source:

Allergy New Zealand

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

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