

KNOW THE SIGNS: ALLERGIC REACTIONS

SYMPTOMS

- ! Runny nose or sneezing
- ! Red or watering eyes
- ! Pain or tenderness around cheeks, eyes or forehead
- ! Swollen eyes, lips, mouth or throat
- ! Coughing, wheezing or breathlessness
- ! Hives, itchy or red skin - redness can be harder to see on brown or black skin
- ! Diarrhoea, stomach cramps or bloating
- ! Feeling or being sick

Call 999 if there are signs of anaphylaxis:

- ! Their lips, mouth, throat or tongue suddenly become swollen
- ! They are breathing very fast, are struggling to breathe, are becoming very wheezy, and/or appear to be choking or gasping for air
- ! Their throat feels tight or they are struggling to swallow
- ! Their skin, tongue or lips turn blue, grey or pale
For black or brown skin, this may be easier to see on the palms of the hands or the soles of the feet
- ! They suddenly become very confused, drowsy or dizzy
- ! They faint and cannot be woken up
- ! A child is limp, floppy or not responding like they normally do (their head may fall to the side, backwards or forwards, or they may find it difficult to lift their head or focus on your face)