

Anaphylaxis

How to Spot the Signs

Anaphylaxis occurs shortly after an exposure to an allergic trigger, like peanuts or a bee sting. It should always be treated as an emergency, requiring immediate medical attention.



1

**Sudden tiredness
and irritability**

2

**Difficulty breathing
and/or wheezing**

3

**Bumps and/or
new rash around
the face**

4

Fast heartbeat

5

**Nausea and persistent
vomitting/spitting up**

6

Loose stools

**Always call 000
in the event of an emergency**