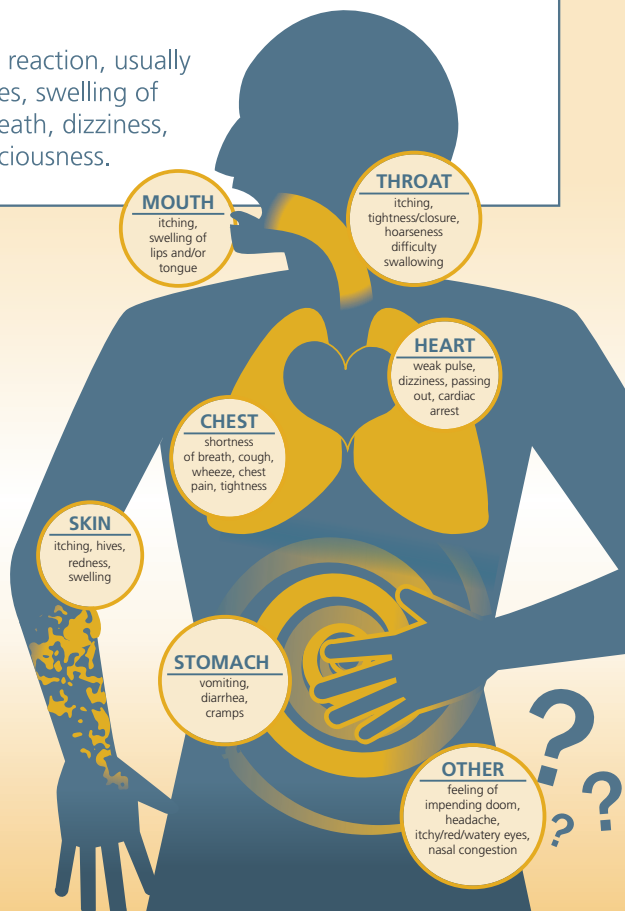


**Anaphylaxis** is a severe, life-threatening allergic reaction, usually to food, insect venom, medication or latex. Symptoms include: hives, swelling of lips and/or tongue, coughing, wheezing, vomiting, shortness of breath, dizziness, chest tightness, headache, weak pulse, confusion and loss of consciousness.



# YOU NEED 2

**ALWAYS CARRY  
2 EPINEPHRINE AUTO-INJECTORS**



**1st line of treatment = Epinephrine**

## Why "You Need 2"

**15-30%** of all anaphylaxis patients experience a 2nd reaction (called a biphasic reaction)



Almost **20%** of children experiencing a food-related anaphylaxis reaction will experience a 2nd reaction



## Keep Watching

A **2nd reaction** can occur within **5 to 15 minutes** after the 1st dose is administered.

It can also occur between **8 and 72 hours** after the 1st reaction.

Any delay of treatment = Greater chance for hospitalization + Greater risk for death

**Don't delay anaphylaxis treatment!**

Sources: • Guidelines for the Diagnosis and Management of Food Allergy in the United States – National Institute of Allergy & Infectious Diseases (NIAID)  
• Use of Multiple Doses of Epinephrine in Food-Induced Anaphylaxis in Children – Jarvinen, K.; Sicherer, S.; Sampson, H.; Nowak-Wegrzyn, A. – Journal of Allergy and Clinical Immunology