



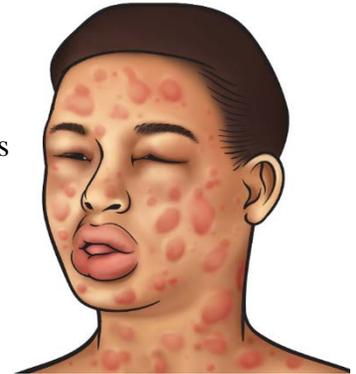
Public Works Tool Box Talk

### Anaphylactic Shock

**What is anaphylactic shock?** An anaphylactic shock is an extreme and rapid allergic reaction to something. Anaphylaxis happens when you have an antibody, something that usually fights infection, that overreacts to something harmless like food. It might not happen the first time you come in contact with the trigger, but it can develop over time. In children, the most common cause is food. For adults, the main cause is medication. Anaphylaxis also can be triggered by a few other things. But these aren't as common:

- *Pollen, such as ragweed, grass, and tree pollen*
- *Stings or bites from bees, wasps, yellow jackets, hornets, and fire ants*

If someone has had an anaphylaxis reaction before, they have a higher risk of having another one, and should carry at least two doses of epinephrine with them at all times. You also have a higher risk if you have a family history of anaphylaxis or have asthma.



**Symptoms:** The first signs of an anaphylactic reaction may look like typical allergy symptoms: a runny or stuffy nose, sneezing or a skin rash. But within about 30 minutes, more serious signs appear.

- Skin: hives, rash, swelling, flushing, itchiness, or the skin may appear blue.
- Swollen or itchy lips or tongue
- Swollen or itchy throat, hoarse voice, trouble swallowing, tightness in your throat
- Respiratory: shortness of breath or trouble breathing, rapid heartbeat, wheezing, pain with swallowing, coughing; pain, itching, or tightness in your chest
- Fainting, dizziness, confusion,
- Weakness, weak pulse, paleness
- Vomiting, diarrhea, or cramps
- Cardiac Arrest

**What to Do: Immediately call 911 or your local medical emergency number.**

- Ask the person if he or she is carrying an EpiPen to treat an allergic attack.
- If the person says he or she needs to use an EpiPen, ask whether you should help inject the medication. This is usually done by pressing the EpiPen against the person's thigh.
- Have the person lie still on his or her back.
- Loosen tight clothing and cover the person with a blanket. Don't give the person anything to drink.
- If there is vomiting or bleeding from the mouth, turn the person on his or her side to prevent choking.
- If there are no signs of breathing, coughing or movement, begin CPR.
- Get emergency treatment even if symptoms start to improve. After anaphylaxis, it's possible for symptoms to recur. Monitoring in a hospital for several hours is usually necessary.

