

Signs and Symptoms

Mild to Moderate Allergic Reaction signs / symptoms (these can be used as warning signs to get help)

- Main signs:
 - Swelling of the face, lips and / or eyes
 - Hives or welts on the skin
 - Tingling mouth
 - Abdominal Pain / Vomiting (for non insect allergies only)
- Other signs may include
 - May begin with itchy hands, mouth or feet
 - Eyes may become red and puffy
 - Diarrhoea
 - Skin rash (eczema)
 - Runny nose
 - Abdominal cramping
 - Vomiting or nausea

Severe / Anaphylaxis signs / symptoms

- Tick symptoms identified
- Difficult / noisy breathing
- Swelling of tongue
- Swelling/tightness in throat
- Difficulty talking and/or hoarse voice
- Wheeze or persistent cough
- Persistent dizziness or collapse
- Pale and floppy (young children) Burning or tingling sensation in throat or mouth
- Abdominal Pain / Vomiting (insect allergies)
- Hives (Urticaria) can develop, especially on the chest, armpits and groin

Soon after hives develop, more serious symptoms may occur, including

- Shock
- Altered mental status
- Swelling of the tongue
- Difficulty breathing, or shortness of breath and gasping
- Casualty may become very anxious and have a great sense of fear
- Respiratory or cardiac arrest and unconsciousness
- Young children may become pale and floppy

The signs and symptoms of anaphylaxis can vary greatly, and a casualty can even experience different symptoms from the same allergen.

It is hence very important to be aware of the different signs and symptoms that can accompany an anaphylactic reaction.

It is also important to note that food allergies can take time to manifest, the average being between 25-35 minutes after ingestion.

Reactions have been recorded anywhere between 10 minutes to 6 hours after ingestion. Stings can cause an almost immediate reaction to around 12 minutes.

Drug-induced anaphylaxis takes on average 5 minutes to start causing symptoms.

