

ALLERGY EMERGENCY AWARENESS POSTER

Essential items for people with severe allergies -:

1) Epinephrine Auto-Injector (e.g. EpiPen)

How and When to use:

Inject into the thigh when
a severe allergic reaction
(anaphylaxis) occurs.



2) Antihistamines (e.g. Diphenhydramine)

- How and When to use: use before exposure to allergens or during allergic reactions, following the recommended dose and timing by an allergist for the specific condition



3) Medical Alert Bracelet or ID

- How to use: Wear daily to alert others about your allergies
- When to use: All the time, especially in public places when you are unable to communicate during reactions

Precautions for Allergies:

- 1) Avoid triggers
- 2) Keep your home clean
- 3) Read food labels carefully
- 4) Avoid cross-contamination
- 5) Inform others about your allergies
- 6) Keep essential items accessible