

Allergic Reaction Treatment

Call 102 now if the person has had severe reactions in the past or has any of these symptoms:

- Difficulty breathing or wheezing
- Tightness in the throat or a feeling that the airways are closing
- Hoarseness or trouble speaking
- Swollen lips, tongue, or throat
- Nausea, abdominal pain, or vomiting
- Fast heartbeat or pulse
- Anxiety or dizziness
- Loss of consciousness
- Other symptoms of a severe allergic reaction (anaphylaxis)

If you have severe allergies, you should keep two epinephrine injection kits with you at all times and readily available. If you experience any sign of anaphylaxis, do not hesitate to use the autoinjector even if those symptoms do not appear to be allergy related. Using the autoinjector as a precaution will not harm you. Call 911 even if you administer the injection.

1. Treat Symptoms

- For mild allergy symptoms, such as hay fever or hives, give an over-the-counter (OTC) antihistamine.
- For stuffy nose, give an OTC decongestant.
- For itchy, watery eyes, use OTC allergy eye drops.
- For itchy allergic rash, apply cold compresses and an OTC hydrocortisone cream.

2. Follow Up

- Watch for worsening symptoms, including signs of anaphylaxis.

See Severe Allergic Reaction Treatment.