

APPENDIX 4

SIGN AND SYMPTOMS OF AN ANAPHYLACTIC REACTION

THINK F.A.S.T.

Face: itchiness, redness, rash, swelling of face and tongue

Airway: trouble breathing, swallowing or speaking

Stomach: stomach pain, vomiting, diarrhea

Total Body: rash, itchiness, swelling, weakness, paleness, sense of doom, loss of consciousness

Signs and symptoms of anaphylaxis can appear alone or in any combination and not necessarily in the order listed above.

"F.A.S.T." posters are available from Anaphylaxis Canada (<http://www.anaphylaxis.org/>)

HOW A CHILD MIGHT DESCRIBE A REACTION

Children have unique ways of describing their experiences and perceptions, including allergic reactions. Precious time is lost when adults do not immediately recognize that a reaction is occurring or do not understand what the children might be telling them.

How a child might describe a reaction:

- This food's too spicy
- My tongue is hot
- It feels like something's poking my tongue
- My tongue (or mouth) is tingling(or burning)
- My tongue feels like there is hair on it
- My mouth feels funny
- There's a frog in my throat
- There's something stuck in my throat
- My tongue feels full (or heavy)
- My lips feel tight
- It feels like there are bugs in my ears (itchy ears)
- My throat feels thick
- It feels like a bump is on the back of my tongue (throat)

Source: The Food Allergy and Anaphylaxis Network (2003). How a child might describe a reaction. Food Allergy News, 13(2)