

WHEN TO USE EPI

Around food

Itchy, watery eyes,
coughing (mild
symptoms): leave the
location.

If continues, use
benadryl, inhaler.

Touched food

Hives or rash at area
(mild symptoms): use
benadryl, wash area.

If possibly eaten, watch
for symptoms.

Ate food

**TROUBLE BREATHING:
EPI.**

Two major symptoms*:
EPI.

One major breathing or
mouth symptom: EPI.

Mild symptoms or only
hives/stomach: benadryl,
inhaler, watch for worse.

CALL 911 whenever you use EPI.

Anaphylaxis is:

- an allergic reaction in **many parts** of the body
- severe, life-threatening, and often sudden or quick to develop
- can happen with an allergic food even if it never has before

*Major symptoms:

- Severe wheezing
- Blue, pale, dizzy
- Tongue, lip swelling
- Trouble swallowing
- Hives, redness **all over**
- **Extreme** vomiting, diarrhea

Find a helper (adult or buddy)!

If in doubt, use EPI [especially if symptoms won't stop!]