

# **Anaphylaxis: Recognizing Life-Threatening Allergies**

Anaphylaxis is a severe allergic reaction that needs emergency medical treatment. It can happen in seconds or even hours after contact with something the person is allergic to, like foods, insect venom, latex, or medication. In rare cases, exercise and physical activity also can trigger anaphylaxis.

Call 911 immediately if someone has symptoms of anaphylaxis. Symptoms may include:

- Hoarseness
- Tightness in the throat
- Wheezing, or trouble breathing or swallowing
- Hives
- Swollen eyes or lips
- Runny nose
- Dizziness
- Abdominal pain or diarrhea
- Confusion
- Anxiety