

# Anaphylaxis **FAACTs**

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- 1** Is a **serious allergic reaction** that comes on quickly and has the potential to become life-threatening.
- 2** **Symptoms** can develop rapidly after exposure to an allergen, often within minutes and usually within 30 minutes. However, it can take up to 2 hours for symptoms to occur after exposure to a food allergen.
- 3** Sometimes a second round (or “phase”) of allergic reactions can occur after the initial anaphylactic reaction. This is called **“biphasic anaphylaxis”**. A second reaction may happen as early as an hour after the first reaction or as long as 72 hours later (the average is 10 hours later) and can be less severe, as severe, or even more severe than the initial reaction.
- 4** Must be treated immediately with **epinephrine** (adrenaline). Prompt administration of epinephrine is crucial to surviving a potentially life-threatening reaction.