

Allergic Reactions

Allergic reactions can be triggered by foods, medications, insect stings, pollen, or other substances. Although most allergic reactions aren't serious, severe reactions can be life-threatening and can require immediate medical attention.

What to Do

1. Contact a doctor if a child has an allergic reaction that is more than mild or the reaction concerns you.
2. If the child has symptoms of a mild reaction, give an oral antihistamine such as diphenhydramine.
3. If the child has symptoms of a severe allergic reaction and you have injectable epinephrine, immediately use it as directed and call for emergency help.

Seek emergency medical care if the child:

- has any symptoms of a severe allergic reaction
- was exposed to a food or substance that has triggered a severe reaction in the past
- was given injectable epinephrine

Allergic Reactions

MILD

itchiness
mild skin redness or swelling
stuffy, runny nose
sneezing
itchy, watery eyes
red bumps (hives) that occur anywhere on the body

SEVERE

swelling of the face or mouth
difficulty swallowing or speaking
wheezing or difficulty breathing
abdominal pain, nausea, or vomiting
dizziness or fainting

