



# Distinguishing Features of **ANAPHYLAXIS**

## RAPID ONSET OF SYMPTOMS

(within **minutes** up to **4 hours**) which include:



### SKIN

- urticaria • pruritus • angioedema • flushing



### RESPIRATORY

- cough • wheeze • dyspnea  
• bronchospasm • distress



### GASTROINTESTINAL

- nausea • vomiting  
• diarrhea • severe abdominal pain



### CARDIOVASCULAR

- tachycardia • hypotension • syncope  
• dizziness • arrhythmias



### CENTRAL NERVOUS SYSTEM

- irritability • sense of doom  
• reduced level of consciousness

**If you suspect anaphylaxis, a rapid response is critical.**

**Steps 1 2 3 4** should be done promptly and simultaneously.

- 1** Direct someone to call **911** (where available) or emergency medical services
- 2** **Assess** airway, breathing, circulation
- 3** Place the individual on their **back** and **elevate lower extremities**
- 4** Inject **EPINEPHrine** intramuscularly into mid-anterolateral thigh  
(refer to epinephrine dosage table)
- 5** Repeat **every 5 minutes** if not improving

Source: Public Health Agency of Canada. Anaphylaxis and other acute reactions following immunization: Canadian Immunization Guide: Part 2—Vaccine Safety Ottawa (ON): PHAC; 2020.

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