

How can you be **S.A.F.E.**?

Allergists and emergency physicians have teamed up to create S.A.F.E., a guide to help you manage allergic emergencies.

Seek immediate medical help

Call 911 and get to the nearest emergency facility at the first sign of anaphylaxis, even if you have already administered epinephrine. If you have had an anaphylactic reaction in the past, you are at risk of future reactions.

Identify the **Allergen**

Think about what you might have eaten or come in contact with – food, insect sting, medication or latex – to trigger an allergic reaction. It is particularly important to identify the cause, when possible, because the best way to prevent anaphylaxis is to avoid allergic triggers.

Follow up with a specialist

Ask your doctor for a referral to an allergist/immunologist, a physician who specializes in treating asthma and allergies. It is important that you consult an allergist for testing, diagnosis and ongoing management of your allergic disease.

Carry **Epinephrine** for emergencies

Kits containing fast-acting, self-administered epinephrine are commonly prescribed for people who are at risk of anaphylaxis. Make sure that you carry an epinephrine kit with you at all times, and that family and friends know of your condition, your triggers and how to use epinephrine. Consider wearing an emergency medical bracelet or necklace identifying yourself as a person at risk of anaphylaxis. Teachers and other caregivers should be informed of children who are at risk for anaphylaxis and know what to do in an allergic emergency.

How can you learn more?

The American College of Allergy, Asthma and Immunology (ACAAI) has additional information for consumers. The more you know about your condition, the more able you will be to prevent or minimize future reactions. For information on allergies and asthma, go to www.acaai.org and click on the patient education page. There you will find information on anaphylaxis prevention tips, other allergy facts and an easy-to-use allergist locator. The American College of Emergency Physicians (ACEP) also has additional information on emergency preparedness. Go to www.acep.org and click on the patients and consumers page, where you will find information on a variety of health topics, including tips on what to do in a medical emergency.

You can also find additional patient education resources on the following Web sites:

- **Food Allergy and Anaphylaxis Network**
www.foodallergy.org
- **MedicAlert**
www.medicalert.org
- **The American Latex Allergy Association**
www.latexallergyresources.org

The information in this brochure was developed with input from allergists and emergency physicians representing ACAAI and ACEP.

ACAAI American College
of Allergy, Asthma
& Immunology

Follow the Leader Into the Future

 American College of
Emergency Physicians®

ADVANCING EMERGENCY CARE 

Supported by an educational grant from Dey, L.P.

Be **S.A.F.E.** Managing **Allergic Emergencies** (Anaphylaxis)

