EAACI Anaphylaxis Awareness Day
21 NOVEMBER

MEET

DANIEL

58 YEARS OLD

He attends a healthcare facility to receive medication prescribed as part of his treatment.

He has never previously experienced an allergic reaction to this medication.

**THREE STORIES. THREE TRIGGERS.
ONE URGENT NEED TO ACT.**

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THE REACTION BEGINS

DANIEL SUDDENLY FEELS UNWELL

Shortly after the medication is administered, Daniel’s skin becomes flushed. He develops difficulty breathing and begins to feel faint.

The healthcare team recognises possible anaphylaxis.

Illustrative scenario

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ANAPHYLAXIS CAN HAPPEN WITHOUT WARNING

MEDICATION CAN TRIGGER ANAPHYLAXIS

This can happen even in someone who has not experienced a previous reaction.

1. **Difficulty breathing or wheezing**
2. **Swelling or throat tightness**
3. **Hives, redness or itching**
4. **Dizziness, confusion or collapse**
5. **Abdominal pain, nausea or vomiting**

Not everyone experiences the same combination of symptoms.

Illustrative scenario



WHEN ANAPHYLAXIS STRIKES

DANIEL'S STORY • MEDICATION

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THE HEALTHCARE TEAM ACTS

COORDINATED. RAPID. CLEARLY UNDERSTOOD.

1. The facility’s emergency protocol is activated immediately.
2. Daniel receives intramuscular adrenaline as first-line treatment.
3. He is monitored closely while additional emergency support is provided.
4. Every member of the team understands their responsibility.

Illustrative scenario

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PREPARED SYSTEMS SUPPORT RAPID ACTION

THE FACILITY WAS READY

- A clear anaphylaxis protocol
- Trained healthcare professionals
- Accessible emergency medication and equipment
- Clearly assigned responsibilities
- A process for monitoring and documenting the reaction

PREPAREDNESS CREATED THE CONDITIONS FOR ACTION.

AFTER THE EMERGENCY

WHAT HAPPENS AFTERWARDS?

01 DOCUMENT AND REVIEW

The reaction and the immediate response are formally recorded and reviewed.

02 INFORM AND REFER

Daniel receives information about what happened and is referred for appropriate assessment and follow-up.

03 LEARN AND IMPROVE

The team identifies improvements that could strengthen future preparedness.

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PREPAREDNESS STARTS WITH ACTION

Every healthcare setting should be prepared to recognise and manage anaphylaxis without delay.

01 **Review your protocols.**

02 **Train your team.**

03 **Ensure emergency medication and equipment are accessible.**

DOWNLOAD THE EAACI CLINICAL PRACTICE PREPAREDNESS CHECKLIST

This illustrative scenario is intended for educational purposes. Clinical management must follow current guidance, professional judgement and locally approved emergency protocols.