## WHEN ANAPHYLAXIS STRIKES

LEO'S STORY • MILK

EAACI Anaphylaxis Awareness Day
21 NOVEMBER



# MEET LEO

**7 YEARS OLD**

Leo has a diagnosed allergy to cow's milk.

His family has an emergency action plan and always keeps his prescribed adrenaline auto-injectors accessible.

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





A BIRTHDAY CELEBRATION

# AN UNEXPECTED MILK EXPOSURE

Leo is offered a dessert believed to be free from milk. After a few bites, it becomes clear that it contains a milk ingredient.

**Accidental exposure can happen even when precautions have been taken.**

Illustrative scenario

THE FIRST SIGNS APPEAR

# RECOGNISE POSSIBLE ANAPHYLAXIS

1

### MOUTH FEELS STRANGE

Leo reports an unusual sensation.

2

### HIVES

Raised, itchy skin changes appear.

3

### COUGHING AND HOARSE VOICE

His voice begins to change.

4

### DIFFICULTY BREATHING

His breathing becomes more difficult.

**The adults recognise that these may be signs of anaphylaxis.**



## IMMEDIATE ACTION

# FOLLOW THE EMERGENCY PLAN WITHOUT DELAY

1. Leo’s emergency action plan is followed immediately.
2. His prescribed adrenaline auto-injector is administered promptly.
3. Emergency medical services are contacted.
4. An adult stays with Leo, monitors him and follows professional instructions.

Illustrative scenario

EAACI Anaphylaxis Awareness Day
21 NOVEMBER



COMMUNICATION MATTERS

# PREPARATION HELPED ADULTS ACT QUICKLY

- Explained Leo’s allergy to responsible adults
- Shared his emergency action plan
- Made sure his medication was accessible
- Explained how to recognise a reaction
- Shown the adults how to respond

**PREPAREDNESS CREATED THE CONDITIONS FOR ACTION.**

FOOD ALLERGY PREPAREDNESS

# IF A CHILD IS AT RISK

- [ ] Check ingredients and allergen information carefully
- [ ] Communicate the allergy clearly
- [ ] Keep prescribed medication accessible
- [ ] Ensure responsible adults understand the emergency plan
- [ ] Never assume someone else knows what to do

**ACCIDENTAL EXPOSURE MAY STILL HAPPEN.**

That is why preparedness matters.

Illustrative scenario

EAACI Anaphylaxis Awareness Day
21 NOVEMBER



# PREPAREDNESS STARTS WITH ACTION

## TURN POLICY INTO PREPAREDNESS.

Review your systems. Train your teams. Ensure responsibilities and emergency resources are clearly understood.

**DOWNLOAD THE EAACI INSTITUTIONAL READINESS CHECKLIST**

## ARE YOU READY TO ACT?