EAACI Anaphylaxis Awareness Day
21 NOVEMBER

ARE YOU ANAPHYLAXIS READY?



PERSONAL PREPAREDNESS

Knowing what to do before an emergency can make all the difference.

Use these practical steps to prepare yourself—and the people around you—to respond.

PRACTICAL STEPS FOR BETTER PREPAREDNESS

01

ACTION

KNOW YOUR PERSONAL PLAN

- If you are at risk, keep your prescribed emergency action plan accessible.
- Make sure you understand every step.



02

ACTION

KNOW WHERE YOUR MEDICATION IS

- Keep your prescribed adrenaline auto-injectors accessible.
- Check their expiry dates regularly.



03

ACTION

HELP OTHERS HELP YOU

- [x] Make sure family members, friends, teachers or colleagues know where your medications is kept
- [x] Explain how they should respond



04

ACTION

PRACTISE BEFORE AN EMERGENCY

- Familiarise yourself with the correct use of your prescribed device.
- Help those close to you understand what to do.



05

ACTION

REVIEW AFTER A REACTION

- Seek appropriate medical follow-up.
- Review your triggers, treatment and emergency plan with a healthcare professional.



Preparedness continues after the immediate emergency.

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PREPAREDNESS STARTS WITH ACTION

BE READY. EVERY SECOND COUNTS.

Recognise the signs. Follow the emergency action plan. Administer adrenaline promptly and contact emergency medical services.

DOWNLOAD THE EAACI PATIENT PREPAREDNESS CHECKLIST

ARE YOU READY TO ACT?