EAACI Anaphylaxis Awareness Day
21 NOVEMBER

PERSONAL PREPAREDNESS

ARE YOU ANAPHYLAXIS READY?

A practical preparedness checklist for patients, families and the general public

Anaphylaxis is a severe and potentially life-threatening allergic reaction that requires immediate action. Being prepared can help you respond quickly and confidently when every second counts.

KNOW YOUR TRIGGERS

- ☐ I know—or am working with my healthcare professional to identify—the allergens that may trigger my reactions.
- ☐ I understand how to reduce the risk of accidental exposure.
- ☐ I check food labels, medication information or other relevant allergen information carefully.

HAVE A PERSONAL EMERGENCY PLAN

- ☐ I have an up-to-date, personalised emergency action plan provided by my healthcare professional.
- ☐ I understand every step in my emergency action plan.



BEFORE AN EMERGENCY

PREPARE BEFORE IT HAPPENS

Make your plan, medication and support network ready.

HAVE A PERSONAL EMERGENCY PLAN

- [ ] I keep my emergency plan somewhere accessible.
- [ ] My family, friends, caregivers, school or workplace know where to find it.

KEEP YOUR MEDICATION ACCESSIBLE

- [ ] I always carry the adrenaline auto-injectors prescribed to me.
- [ ] I know when and how to use my adrenaline auto-injector.
- [ ] I check the expiry dates regularly and replace devices when necessary.
- [ ] I store my medication according to the manufacturer's instructions.

HELP OTHERS HELP YOU

- [ ] The people around me know that I am at risk of anaphylaxis.
- [ ] They know how to recognise possible signs of anaphylaxis.
- [ ] They know where I keep my medication.
- [ ] They understand how to follow my emergency action plan and contact emergency medical services.

DURING AN EMERGENCY

RECOGNISE AND ACT

Symptoms can develop rapidly and may vary from person to person.

Anaphylaxis may involve symptoms affecting the skin, breathing, circulation or digestive system.

IF ANAPHYLAXIS IS SUSPECTED

- ☐ Follow the individual emergency action plan immediately.
- ☐ Administer adrenaline promptly using the prescribed auto-injector.
- ☐ Contact emergency medical services.
- ☐ Follow the instructions of emergency medical professionals.
- ☐ Use an additional prescribed dose if indicated in the individual emergency plan or advised by emergency medical professionals.

DO NOT DELAY ACTION
Do not wait for all possible symptoms to appear.

AFTER AN EMERGENCY

REVIEW AND PREPARE AGAIN

Use the experience to strengthen future preparedness.

AFTER THE REACTION

- [ ] Seek appropriate medical assessment following the reaction.
- [ ] Arrange follow-up with a healthcare professional or allergy specialist.
- [ ] Review what may have triggered the reaction.
- [ ] Review the emergency action plan and prescribed medication.
- [ ] Replace any adrenaline auto-injector that was used.
- [ ] Discuss the experience with the people involved so everyone is better prepared.

COULD YOU CHECK EVERY BOX?
If not, speak with your healthcare professional and the people around you about how to become better prepared.

KNOW THE SIGNS. BE READY TO ACT. EVERY SECOND COUNTS.

This resource provides general educational information. It does not replace personalised medical advice, an individual emergency action plan or guidance from emergency medical services.