EAACI Anaphylaxis Awareness Day
21 NOVEMBER

WHEN ANAPHYLAXIS STRIKES

SOFIA'S STORY • BEE STING

MEET SOFIA

32 YEARS OLD

She enjoys spending time outdoors and has a known allergy to bee venom.

Sofia carries her prescribed adrenaline auto-injectors.

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



AN ORDINARY AFTERNOON

A STING CHANGES EVERYTHING

While walking through a park with a friend, Sofia is stung by a bee on her arm.

At first, the area becomes painful and swollen. But within minutes, other symptoms begin to appear.

Illustrative scenario

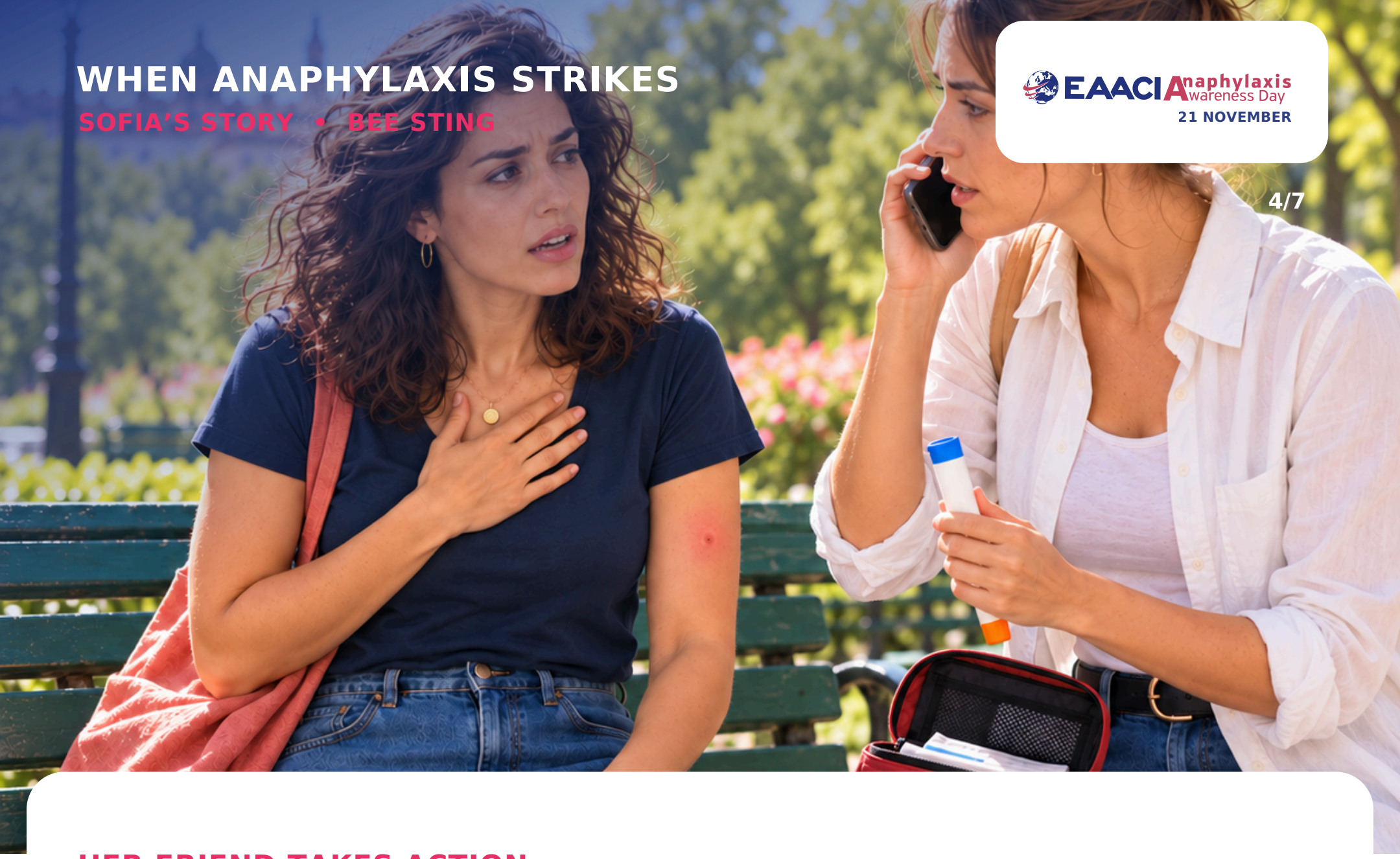
THE WARNING SIGNS

THIS IS MORE THAN A LOCAL REACTION

1. **WIDESPREAD HIVES**
2. **THROAT TIGHTNESS**
3. **DIFFICULTY BREATHING**
4. **DIZZINESS**

These may be signs of anaphylaxis.

Symptoms can progress rapidly.



HER FRIEND TAKES ACTION

RECOGNISE. RESPOND. GET HELP.

1. Follows Sofia's emergency action plan.
2. Administers her prescribed adrenaline auto-injector promptly.
3. Contacts emergency medical services.
4. Stays with Sofia and monitors her condition.

Illustrative scenario

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PREPAREDNESS MADE A DIFFERENCE

THEY WERE READY TO ACT

- Medication was accessible.
- Her friend knew where to find it.
- They understood the emergency action plan.
- They did not wait for the symptoms to become worse.

PREPAREDNESS CREATED THE CONDITIONS FOR ACTION.

YOUR PREPAREDNESS CHECK

WOULD THE PEOPLE AROUND YOU KNOW WHAT TO DO?

- [ ] **Keep your prescribed medication accessible**
- [ ] **Know how and when to use it**
- [ ] **Share your emergency action plan**
- [ ] **Help people around you recognise the signs**
- [ ] **Check your medication's expiry dates regularly**

PREPAREDNESS STARTS BEFORE THE EMERGENCY.

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PREPAREDNESS STARTS WITH ACTION

Anaphylaxis can develop rapidly.

01 **Recognise the signs.**

02 **Follow the emergency action plan.**

03 **Administer adrenaline promptly.**

04 **Contact emergency medical services.**

DOWNLOAD THE EAACI PATIENT PREPAREDNESS CHECKLIST

This illustrative scenario provides general educational information and does not replace personalised medical advice or an individual emergency action plan.