

# Anaphylaxis Action Plan

## ***Symptoms***

Anaphylaxis can include any or all of the following symptoms:

- Shortness of Breath
- Throat Tightness
- Hives/Itchiness
- Lightheadedness

## ***Treatment***

Take:

One injection of **Twinject**

Repeat dose of **Twinject**:

- if worse at anytime
- if there is no improvement in 5-10 minutes

Lie flat if dizzy or lightheaded

**CALL FOR HELP  
GO TO EMERGENCY**

**ALL relevant allergens should be avoided**