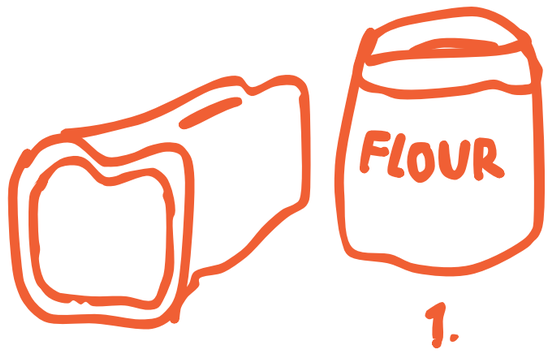
THE TOP 14 ALLERGENS

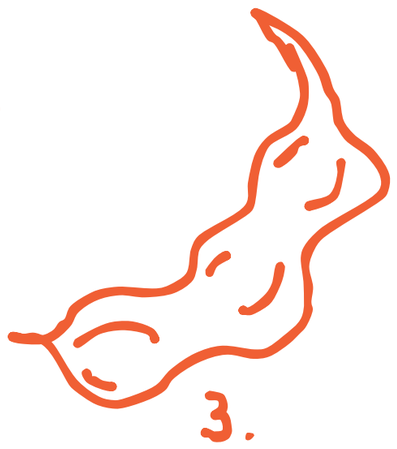
1. LUPINS
2. FISH
3. SOY
4. SESAME
5. PEANUT
6. MOLLUSCS
7. EGG
8. SULPHITE
9. GLUTEN
10. CELERY
11. CRUSTACEAN
12. MILK
13. NUTS
14. MUSTARD


6.

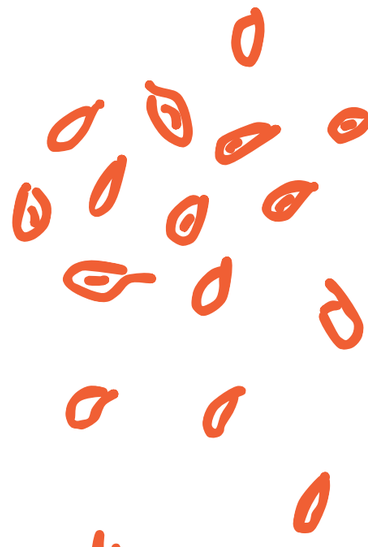


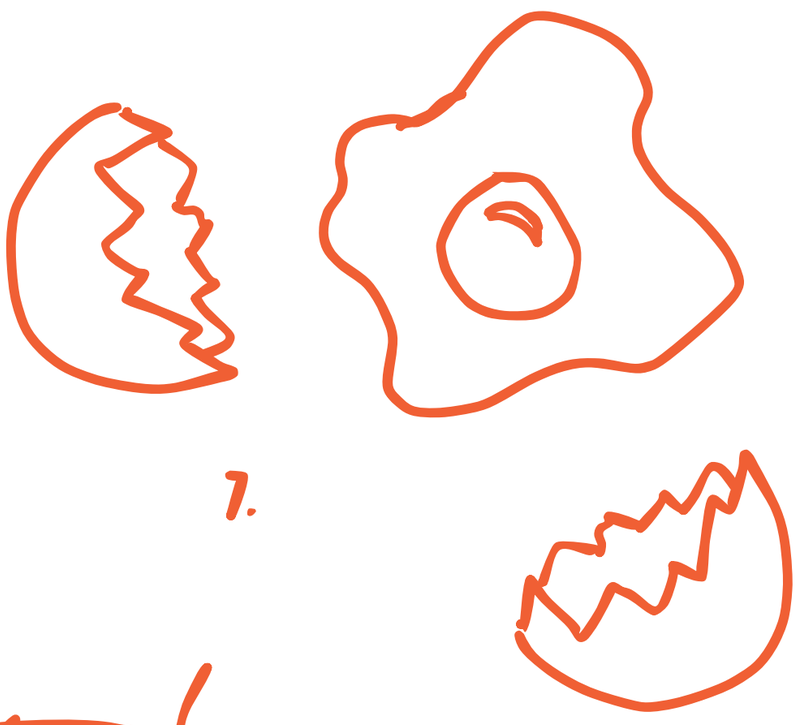
1.

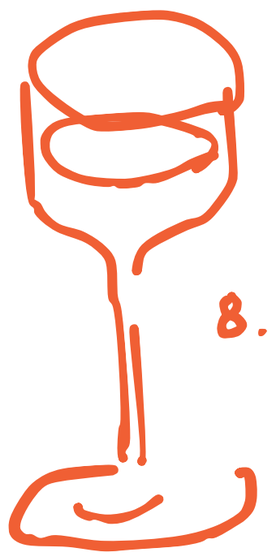

2.

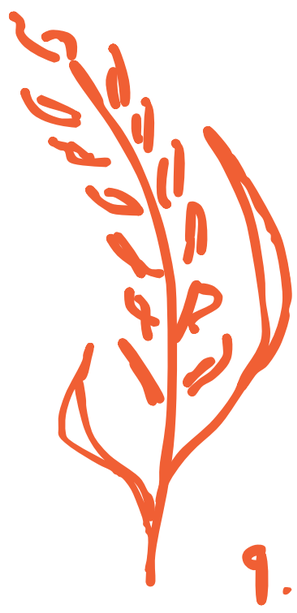

3.


5.

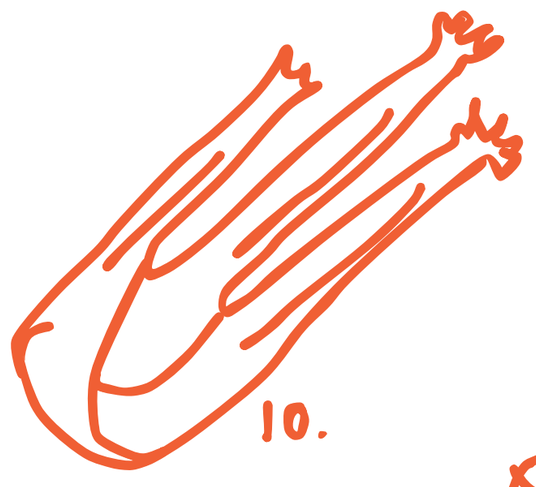

4.


7.


8.


9.

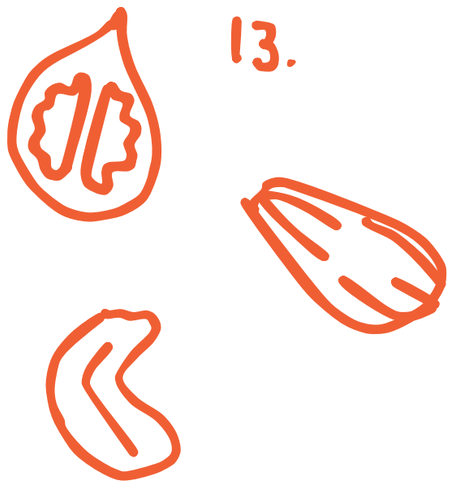

11.


10.





12.

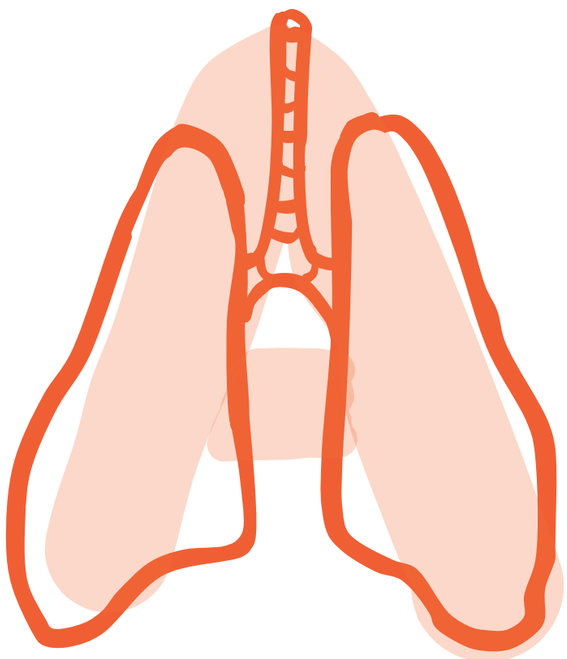

13.



14.

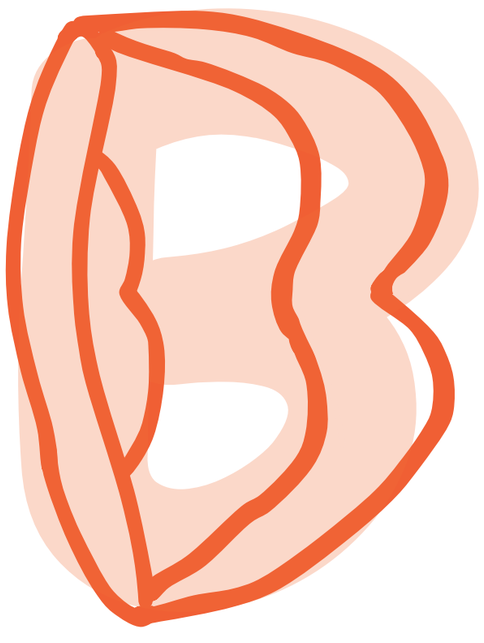
Kitt Medical

SYMPTOMS OF A SEVERE ALLERGIC REACTION ('ANAPHYLAXIS')



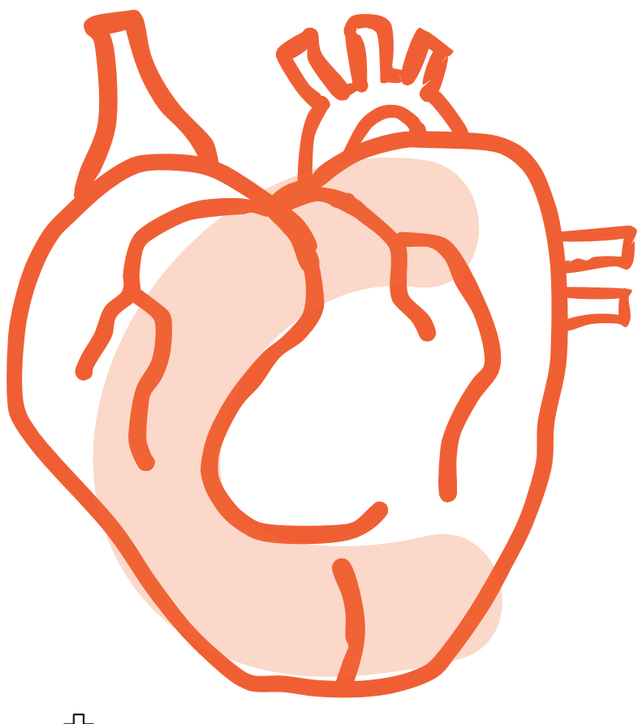
AIRWAYS

ENSURING THE AIRWAY IS OPEN AND UNOBSTRUCTED IS THE FIRST STEP. A BLOCKED AIRWAY CAN PREVENT BREATHING AND LEAD TO SERIOUS COMPLICATIONS.



BREATHING

AFTER CONFIRMING A CLEAR AIRWAY, THE NEXT STEP IS TO CHECK IF THE PERSON IS BREATHING EFFECTIVELY. THIS INVOLVES LOOKING FOR CHEST MOVEMENT, LISTENING FOR BREATH SOUNDS, AND FEELING FOR AIRFLOW.

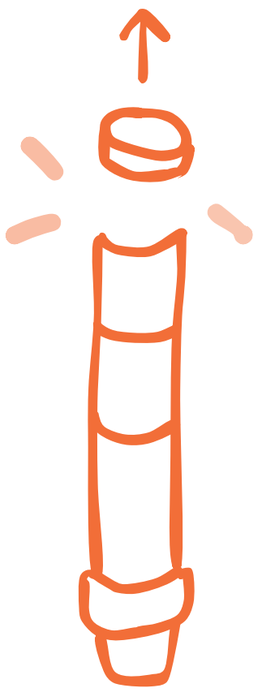


CIRCULATION

IF BREATHING IS COMPROMISED, CIRCULATION (BLOOD FLOW) IS ALSO LIKELY TO BE AFFECTED.CHECKING FOR SIGNS OF CIRCULATION, SUCH AS A PULSE, IS ESSENTIAL TO ASSESS THE SEVERITY OF THE SITUATION.

Kitt Medical

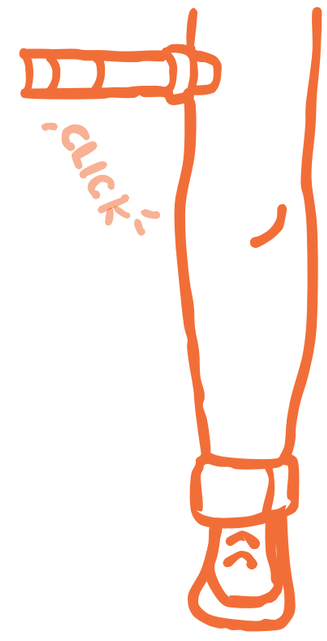
HOW TO USE AN ADRENALINE PEN (AAI)



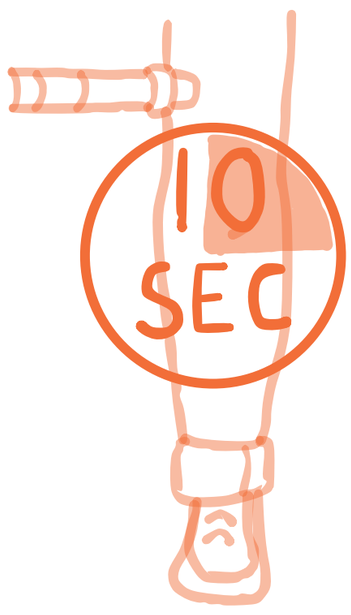
REMOVE PEN FROM OUTER CASE, THEN PULL OFF THE SAFETY CAP



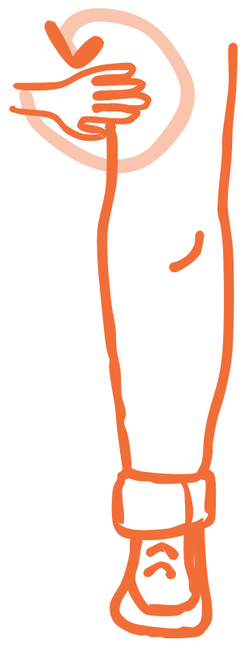
LIE THE PERSON DOWN WITH LEGS ELEVATED (IF THEY ARE HAVING DIFFICULTY BREATHING, SIT THEM UP)



FIRMLY JAB THE NEEDLE END INTO THEIR OUTER THIGH (WITH OR WITHOUT CLOTHING)



HOLD THE PEN IN PLACE FOR TEN SECONDS



REMOVE PEN, THEN MASSAGE INJECTION SITE FOR TEN SECONDS



DIAL 999, ASK FOR AN AMBULANCE AND SAY "ANAPHYLAXIS"

IF THE SYMPTOMS DON'T IMPROVE AFTER 5 MINUTES, ADMINISTER A SECOND ADRENALINE AUTO INJECTOR INTO THEIR OTHER LEG

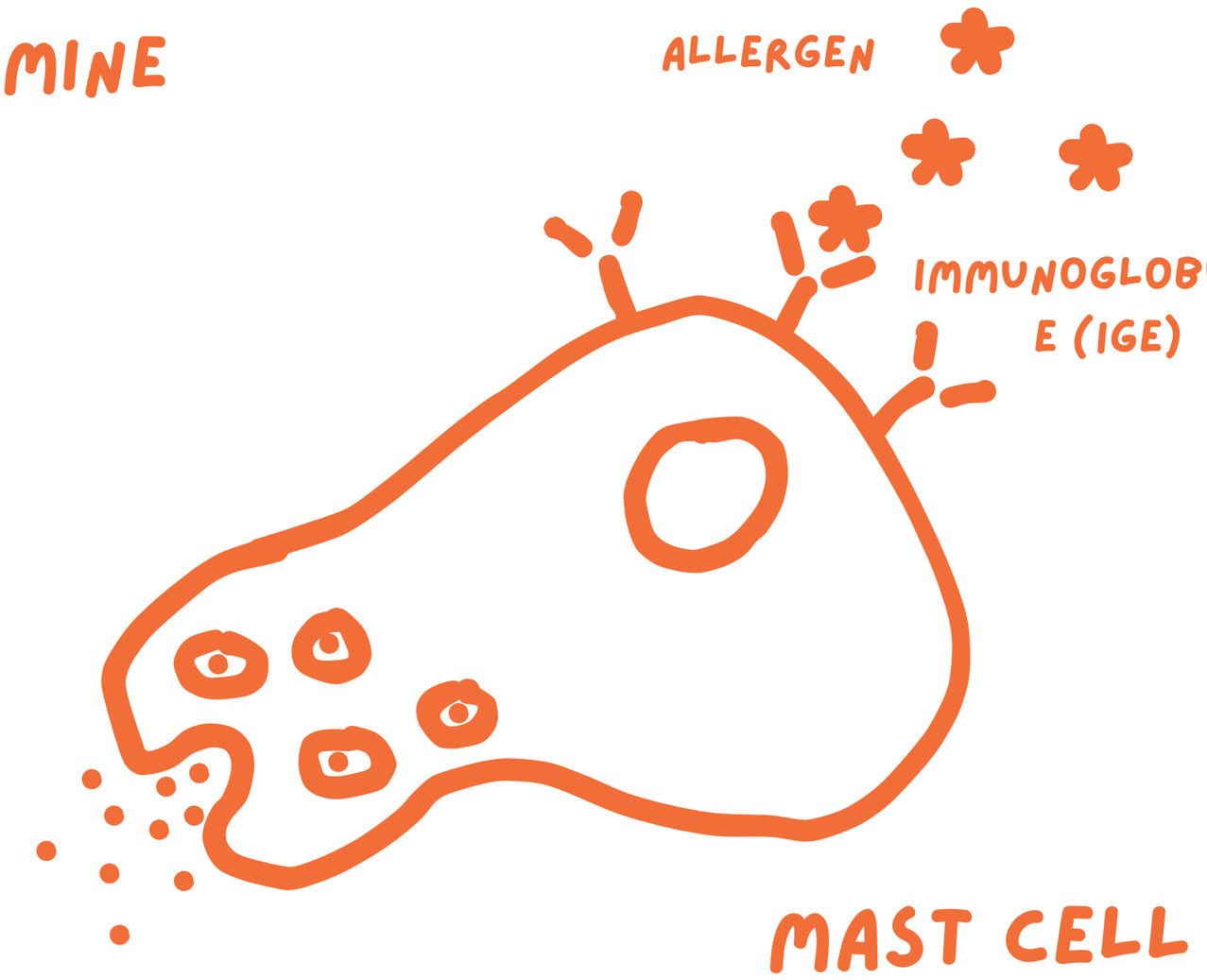
Kitt Medical

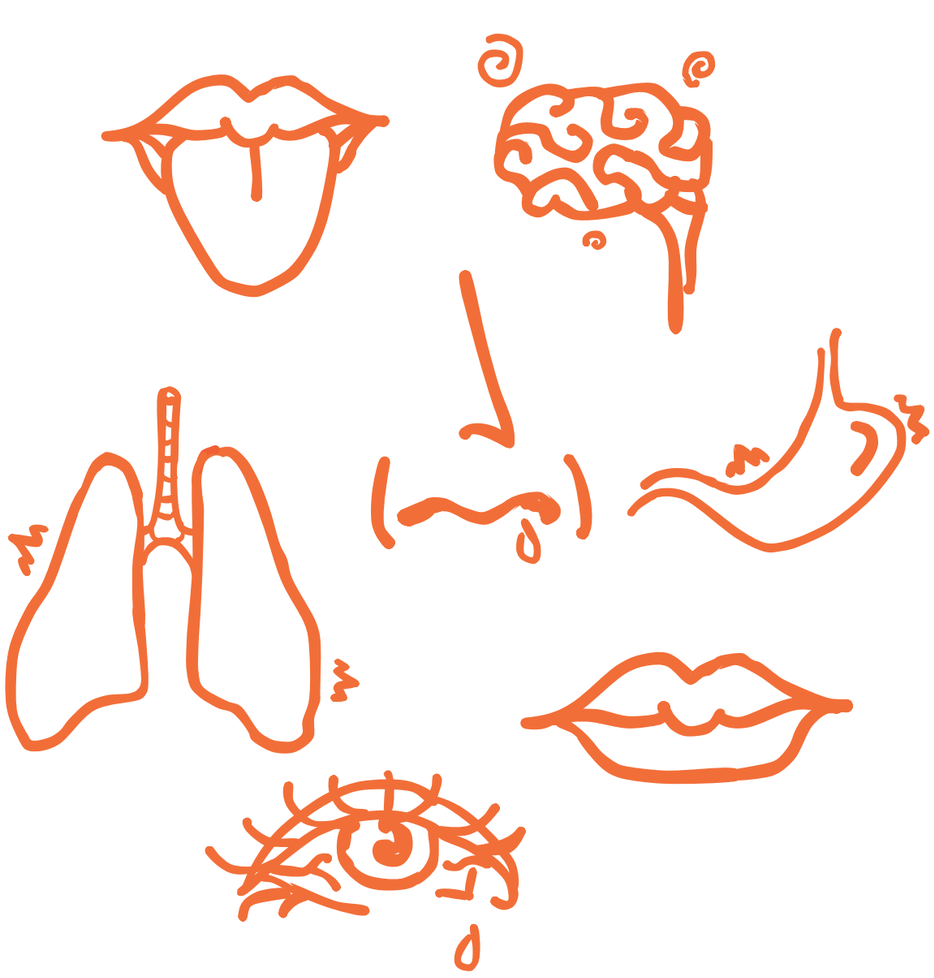
HOW ALLERGY WORKS

DEGRANULATION OF HISTAMINE

THE ALLERGEN BINDS TO THE IGE ANTIBODIES ALREADY ATTACHED TO MAST CELLS.

THIS BINDING (CROSS-LINKING) OF IGE ANTIBODIES TRIGGERS THE MAST CELLS TO RELEASE THEIR CONTENTS IN THE FORM OF GRANULES, WHICH INCLUDE HISTAMINE, LEUKOTRIENES, AND OTHER MEDIATORS, KNOWN AS DEGRANULATION.





IMMEDIATE RESPONSE

THE RELEASE OF THESE CHEMICALS CAUSES THE IMMEDIATE SYMPTOMS OF AN ALLERGIC REACTION, SUCH AS:

SNEEZING, RUNNY NOSE, STOMACH ACHE, DIZZINESS, HEADACHE, DIFFICULTY BREATHING, ITCHY EYES, SKIN RASHES (HIVES), OR, IN SEVERE CASES, ANAPHYLAXIS.

LATE-PHASE RESPONSE

AFTER THE INITIAL RELEASE, MAST CELLS BEGIN MAKING NEW INFLAMMATORY SUBSTANCES. THESE INCLUDE LEUKOTRIENES AND CYTOKINES, WHICH ATTRACT MORE IMMUNE CELLS TO THE AREA.

THIS LEADS TO LONGER-LASTING SYMPTOMS LIKE CONGESTION, TISSUE SWELLING, AND IRRITATION CALLED THE LATE-PHASE RESPONSE.

Kitt Medical