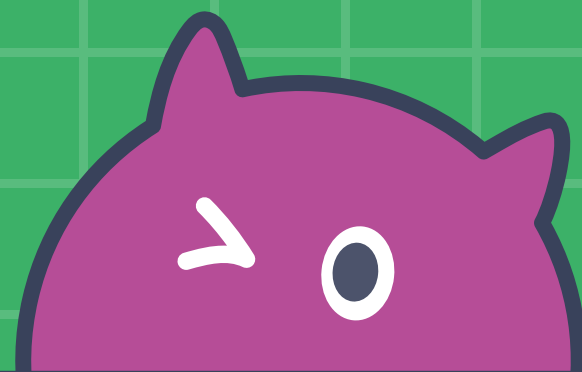
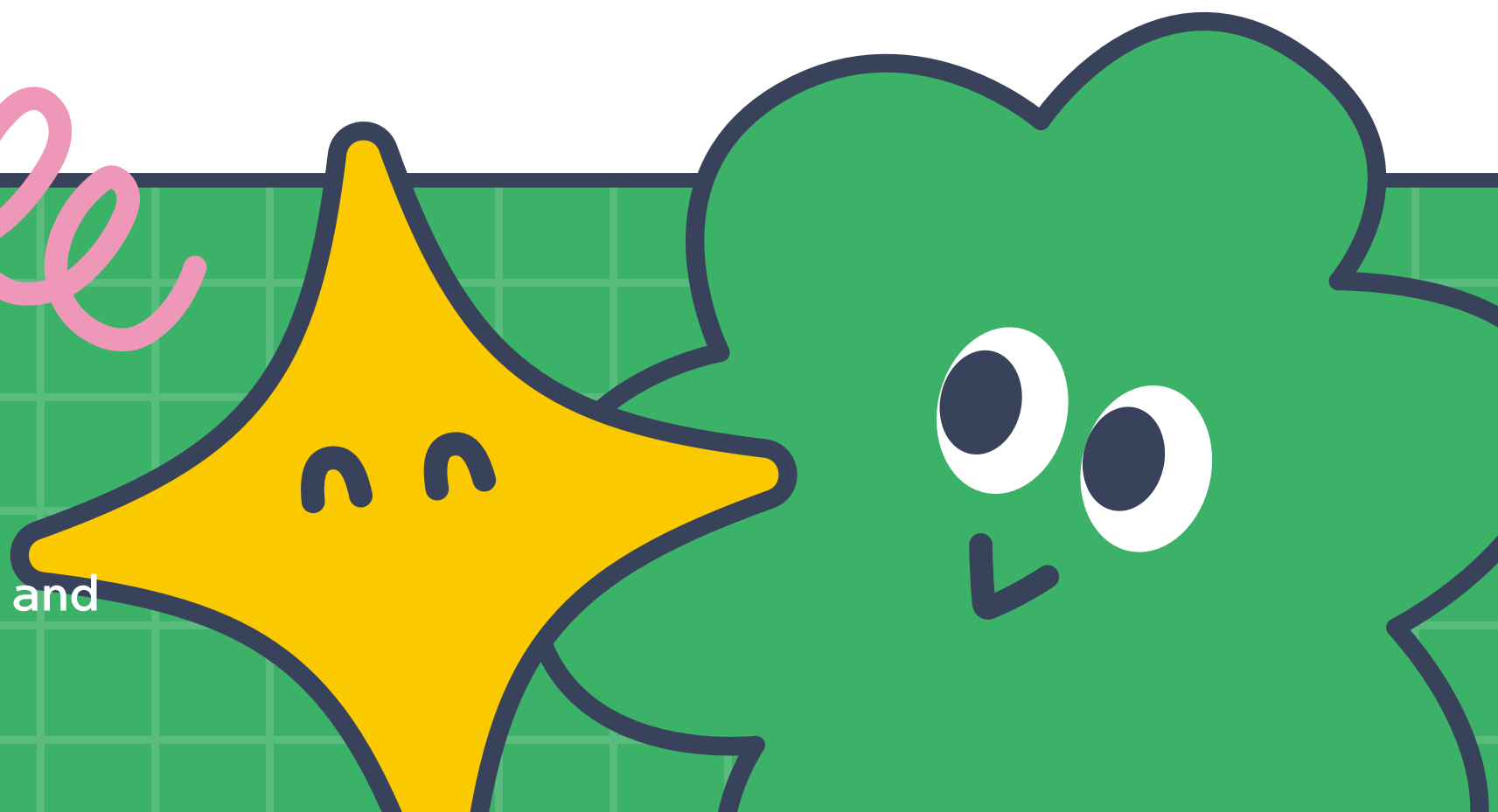
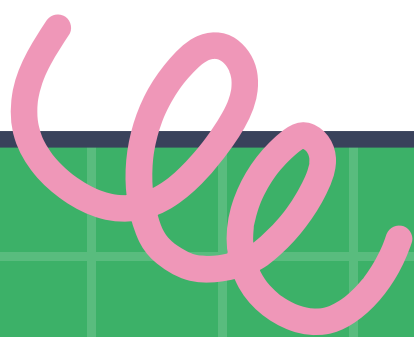


# My Body Free from Allergies ✨



CAMPAIGN TO CREATE A HEALTHY KOREA

**Let's all practice together!  
Anaphylaxis prevention  
and management rules that  
must remember**



Korea Disease Control and  
Prevention Agency

## Q. What is anaphylaxis?

Anaphylaxis is a severe life-threatening allergic reaction that occurs rapidly throughout the whole body.

## Q. What are the symptoms of anaphylaxis?

### Skin

Tingling inside of the mouth and ears, swelling of the lips and oral, itching, erythema hives

---

### Respiratory system

Difficulty in swallowing or talking, shortness of breath, rough breathing

---

### Whole body and nerves

Feeling like you're going to die, losing consciousness, metallic taste, swelling, feeling uneasy

---

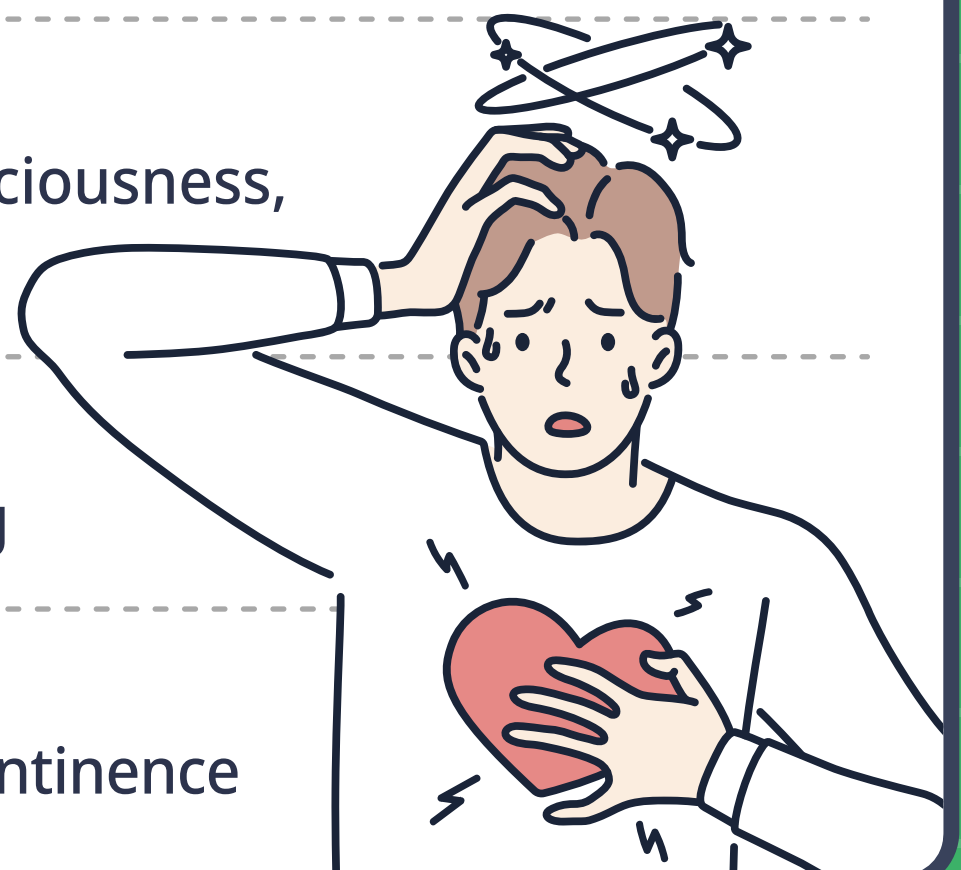
### Digestive system

Nausea, diarrhea, abdominal pain, vomiting

---

### Cardiovascular system

Fainting, lower blood pressure, urinary incontinence



## Q. What causes anaphylaxis?

### Food

Eggs, milk, walnuts, peanuts, wheat, buckwheat, shellfish, fruit, beans, fish

---

### Insect poison

Bee, ant

---

### Medication

Antipyretic analgesic, antibiotic

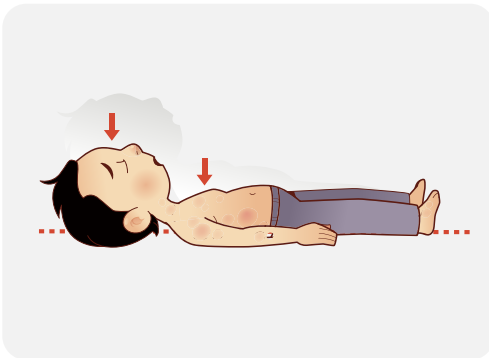
---

### Etc.

Exercise, natural rubber(Latex), cause unknown

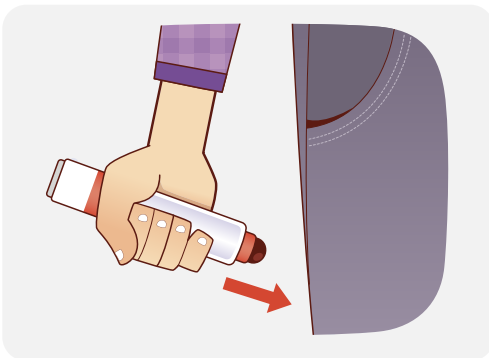


# Here's what to do if anaphylaxis occurs!



## 1. Lay down in a flat surface.

- Don't panic lay down the patient in the flat surface and let him/her calm down.
- While letting him/her take a deep breath unbutton the clothes as comfortable as possible.



## 2. Inject epinephrine.

- If you have epinephrine inject it by pricking the muscle.
- Raise the legs to maintain blood circulation.



## 3. Call 119

- Continue to monitor the patient's condition until 119 arrives.



## 4. Transfer to the hospital immediately

- Even though the condition is temporarily improve, be sure to go to the hospital because secondary reaction may occur.

**※ Epinephrine injection and calling 119 will be done at a same time.**

## Q. Anaphylaxis treatment 'Epinephrine'

Anaphylaxis patients or guardians can receive a prescription for self-injectable for emergency use

Over 30kg: 0.3mg epinephrine

Over 15~30kg: 0.15mg epinephrine

Just using epinephrine is not sufficient for treatment be sure to go to the nearest hospital after the injection.



Over 30kg

0.3mg  
epinephrine



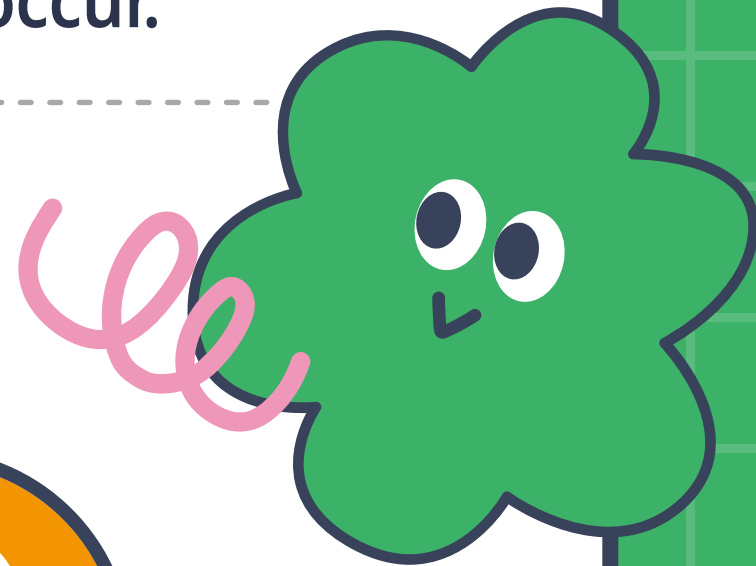
15~30kg

0.15mg  
epinephrine



## Q. What are the preventive management rules for anaphylaxis?

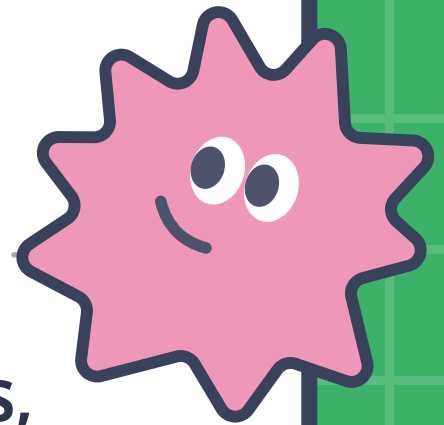
1. Know the individual causes and symptoms of anaphylaxis and be aware how to use self-injected epinephrine and always carry it.
2. If the symptoms of anaphylaxis occur, and if you have self-injectable epinephrine inject it and go to the emergency room immediately.
3. Even if the symptoms are more better after injected of self-injected epinephrine be sure to go to the hospital immediately because secondary reaction may occur.
4. For causative diagnosis and management of anaphylaxis regularly receive a treatment from the allergist specialist.





## Q. What are the preventive management rules for anaphylaxis?

5. Let the people around you be inform that you have anaphylaxis and get help in case of emergency situation.
6. Please be careful because food-induced anaphylaxis also can occur through eating small amounts of food, inhalation, or skin contact.
7. In the case of anaphylaxis caused by drugs, carry a drug safety card that lists prohibited drugs, allergic symptoms, and drugs that can be administered, and check with your doctor, nurse, or pharmacist every time you prescribe.
8. People suffering from anaphylaxis should inform childcare and educational institutions, workplaces, restaurants, etc. of the causative substances in advance to avoid exposure and respond to emergency situations.



# Protect your precious health with correct allergy information

 **Search 'Know my body' now**

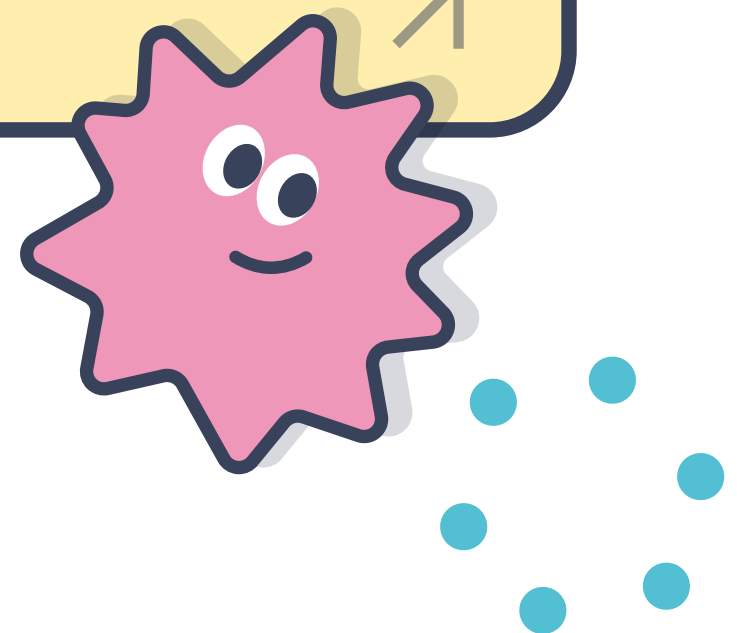
Korea Disease Control and Prevention  
Agency National Health Information Portal



Atopic Asthma Education Information Center



YouTube Don't be sick TV



Korea Disease Control and  
Prevention Agency