

Allergic Reaction



EMERGENCY: CALL **911** IF

- You have trouble breathing, speaking or swallowing.
- You have swelling of the face, tongue or throat.
- You vomit or have diarrhea.
- You feel dizzy or weak.
- You have injected yourself with epinephrine (EpiPen®).

When to seek **professional** help

- You are having frequent or increasingly severe reactions.
- You don't know why you have allergies.

How to get **help**

- 24/7, dial **811**
- Call your pharmacist
- Call your clinic to make an appointment
- If you do not have a doctor, dial **811** *option 3*
- Find an appointment on rvsq.gouv.qc.ca

This booklet is not intended to replace the advice of a medical professional, nor is it intended to be a substitute for medical care.

All content available on sante.quebec

Allergies occur when the body reacts to something it identifies as harmful. A wide range of substances can cause a reaction, including: food, insect stings, animals, plants, medication, and chemicals.

What to do at home



Calm: Stay calm, don't panic.



Medication: If there are no contraindications, take allergy medication as advised by your pharmacist.



Nose: If congested, do a nasal rinse. Use a saltwater solution purchased from the pharmacy or a homemade solution: Mix 4 cups of water, 2 teaspoons of salt and $\frac{1}{2}$ teaspoon of baking soda.



Monitor: Write down what triggered the allergy and your reaction to help you better understand and assess the risks.



Protection: Avoid the food or substance that caused the reaction.