

## ***What to Watch for – Allergic Reaction***

When a child has an allergic reaction, it is important to act quickly to reduce swelling. Children have unique ways of describing their experience and perceptions, including allergic reactions. Precious time is lost when adults do not immediately recognize that a reaction is occurring or don't understand what the children might be telling them.

Here are some examples of **words a child might use** to describe a reaction:

- My tongue feels full (or heavy)
- This food's too spicy.
- My tongue is hot (or burning).
- It feels like something's poking my tongue.
- My tongue (or mouth) itches.
- There's something stuck in my throat.
- There's a frog in my throat.
- My lips feel tight.
- It feels like there are bugs in there (to describe itchy ears).
- My throat feels thick.
- It feels like a bump is on the back of my tongue (throat).

Some visual symptoms are:

- Rash on face or body
- Red/flushed face

If your child uses these words, and/or you see any of the above symptoms, with no history of an allergy, share this information with your health care provider:

If the following – **more serious** – symptoms appear, your child should be seen immediately by your health care provider:

- Swelling in face or neck
- Slurring of words
- Shortness of breath without playing/running

**Of course, if the child has trouble breathing – CALL 911!**