



Allergic reactions

What is an allergic reaction?

An allergic reaction is an immune response of the body to non-infectious foreign substances. The body reacts with signs of inflammation and the formation of antibodies.

Triggers can be foods such as pulses or nuts, but also insect venoms or medication.

How does an allergic reaction manifest itself?

An allergic reaction can manifest itself in the form of mild skin rashes, but also in life-threatening reactions.

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| - Respiratory tract: | hay fever, shortness of breath, asthma |
| - Skin: | rash, redness, swelling, pustules, itching |
| - Eyes: | conjunctivitis, lacrimation, redness, swelling |
| - Gastrointestinal tract: | diarrhea, nausea, vomiting, abdominal pain |
| - Cardiovascular system: | dizziness, drop in blood pressure, cardiovascular arrest |
| - General: | fever, fatigue, sleep disorders |

What to do in case of an allergic reaction?

- In general:

- Interrupt contact with the allergen e.g. remove bee stings, wash off creams etc. with soapy water
- Cool affected areas of the body, e.g. inside and outside the mouth/throat

- The following applies to responsive patients:

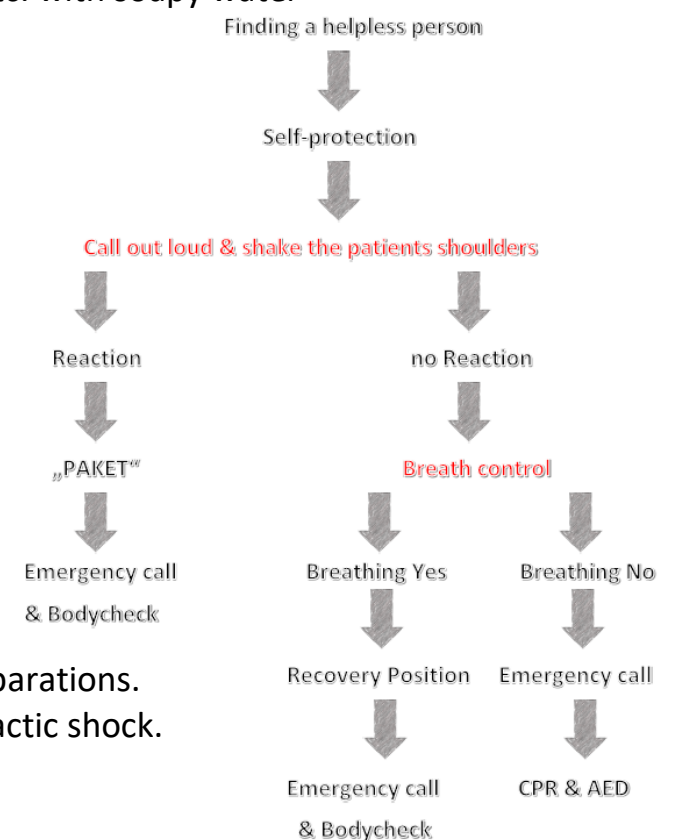
- **PAKET** and the sitting posture that makes breathing easier

- The following applies to unresponsive patients:

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| - Breathing present: | - Stable lateral position |
| - No breathing present: | - CPR |

- Medication measures (observe the legal basis!):

- Anti-allergic drugs in the form of tablets, (eye) drops, nasal sprays or inhalation preparations.
- Adrenaline, among other things, is used as an emergency injection to treat anaphylactic shock.



How to prevent allergic reactions?

If a patient has had an allergic reaction to a certain substance, it should be ensured that this substance and related substances are no longer ingested in the future or that contact is avoided.

As a prophylaxis, exclusive breastfeeding for at least six months is recommended for newborns with an increased risk of developing allergies or, if breastfeeding is hindered, feeding with a hypoallergenic bottle feed, which has also proven its protective effect in studies.

Quellen: 1) Doccheck Lexikon <https://flexikon.doccheck.com/de/Allergie>,
2) Gesundheitsportal Österreich <https://www.gesundheit.gv.at/krankheiten/erste-hilfe/notfall/allergische-reaktion.html>