

Anaphylaxis or Anxiety?

At times it may seem hard to determine, but here are some **KEY differences** between them

	ANAPHYLAXIS	ANXIETY
ONSET	5-30 min after ingestion (typically) Longer recovery time	Before/during/ after "ingestion" Rapid recovery time
BREATHING	Sneezing, Coughing, <u>Wheezing</u> , Labored, Difficulty swallowing	Rapid, Shallow
PULSE	Rapid, Weak	Rapid
BLOOD PRESSURE	Decreased	Normal, Elevated Systolic
SKIN/MUCOSA	Flushed, Red, Hives, Swelling of face, tongue, mouth, throat	Pale, Excessive sweating, Cold/clammy
ABDOMEN/GI	Persistent, Nausea and Vomiting, Pain, Diarrhea	Nausea