

ALLERGIC REACTIONS

Allergic reactions may be caused by many things including medicines, foods, insect bites or stings, toiletries, chemicals in clothes and soaps, animal fur, pollens and other environmental factors. Often the exact cause cannot be determined, however, an allergist can test you to try to discover what caused your reaction.

Please follow these instructions carefully:

- Take any prescribed medicines as directed.
- If your allergic reaction was from medicine or food, avoid that medicine or food from now on.
- Keep a list of medicines you are allergic to in your wallet or pocketbook. Always make sure your doctors and nurses know about your allergies whenever you are treated in the future.
- If you had an allergic reaction to a bee sting, ask your doctor about a "bee sting kit." (EPI-PEN.)
- Most allergic reactions get better without any further problems. However, if you become worse in any way, return here or see an allergy specialist to be checked.

Return to the Emergency Department (Call 911) or see your own doctor right away if any problems develop, including the following:

- Increased swelling of your face, tongue or neck.
- Trouble breathing or swallowing.
- Wheezing or hoarse voice.
- New or worsening rash (hives).
- Dizziness, fainting or feeling "flushed."
- Chest pain or chest discomfort, including tightness.
- Belly pain/cramps with or without diarrhea.
- Anything else that worries you.

The Emergency Department is open 24 hours a day for any problems.