

The Differences Between Anaphylaxis and Syncope/Fainting

PRACTICE SUPPORT TOOL



Anaphylaxis

How to spot it:
(severe allergic reaction)

Rapid onset (within 15 mins, up to 2-4 h)
Cough, shortness of breath
Stomach pain, nausea and vomiting
Rash, itchy skin
Sense of impending doom
Increased heart rate

What to do:

**ACT FAST • GIVE EPI
CALL FOR HELP • CALL 911**

2 OR MORE BODY SYSTEMS INVOLVED



Syncope/Fainting

How to spot it:
(stress-induced syncope/fainting)

During, or immediately post injection
Lightheaded, restless
Seizure-like movements
Pale, cold, sweaty skin
Loss of consciousness
Decreased heart rate

What to do:

Lean forward / Lie back
Recovery position / Elevate legs
Loosen tight clothing
Head between legs
Cold pack to neck

IMPROVES AFTER LYING FLAT