



25 December 2020

# Anaphylaxis

## What is anaphylaxis?

Anaphylaxis is a **sudden, severe, and potentially life-threatening reaction that can occur within minutes to hours from exposure to an allergen**. Anaphylaxis causes your immune system to release a flood of chemicals that can cause you to go into shock. This causes your blood pressure to drop suddenly, which can result in the narrowing of your airways, which impedes breathing.

## What are the symptoms of anaphylaxis?

Anaphylaxis typically develops suddenly and can worsen very quickly.



The symptoms include:

- Skin reactions such as hives and flushing
- Swelling of the lips, tongue, face or throat, which can cause wheezing and trouble breathing
- Feeling light-headed or collapsing due to low blood pressure
- Confusion
- Nausea
- Vomiting
- Diarrhoea
- Abdominal cramps

## What are the causes of anaphylaxis?

Allergens that may cause anaphylaxis include:

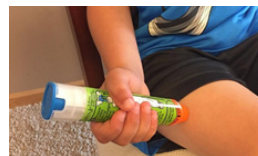
- **Food:** Common food allergens include shellfish, nuts, peanuts, eggs.
- **Medicine:** These include antibiotics, aspirin, over-the-counter pain relievers, allergy shots, and contrast dye for imaging procedures.
- **Latex or rubber:** This can be found in surgical gloves, medical supplies, and many products in your home.

- **Insect stings:** These can be caused by insects such as bees, wasps, hornets, and fire ants.

## How can anaphylaxis be prevented?

Some ways to help prevent anaphylaxis are to:

- Alert all doctors about any allergies you have.
- Inform your doctors if you have had anaphylaxis in the past. This should be noted in your medical records.
- Avoid eating or touching foods that you are allergic to. Even tiny amounts can cause a severe reaction. Read the ingredient list on packaged foods. When eating out, tell the server or chef about your allergy.
- If you are allergic to insect stings, wear protective clothing and insect repellent when you are outside.
- Wear or carry a medical alert bracelet, keychain, or card. This will help doctors and health professionals who treat you in an emergency.
- Carry an **emergency anaphylaxis kit** with you at all times. The medicine is also known as an **epinephrine auto-injector (EpiPen)**. Your family, friends, co-workers, and yourself should know how to use it to abort an impending anaphylactic reaction.



Use of the EpiPen to abort anaphylaxis

## How is anaphylaxis treated?

Common medication used in anaphylaxis include:

- **Epinephrine (adrenaline):** To fight your body's allergic response
- **Oxygen:** To help you breathe
- **Intravenous (IV) antihistamines and cortisone:** To reduce inflammation of your air passages and improve breathing
- **A beta-agonist (salbutamol):** To relieve breathing symptoms

## Medical Services for COVID-19

The outbreak of COVID-19 has caused much disruption in our daily life and business operations. As Singaporeans, we all have a role to play in the fight to prevent spread of COVID-19 and to protect our families, loved ones and colleagues. To help meet the challenge posed by the current COVID-19 outbreak, Raffles is happy to provide the following services to meet your healthcare needs.



### Corporate Health Consultancy

Consult our experts on all healthcare related aspects of COVID-19 in your company. Our services range from acquisition of PPE's, temperature screening services, staff education webinars and planning for prevention / mitigation of COVID-19 at the workplace.

**GET IN TOUCH  
WITH US TODAY**

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### Raffles Telemedicine

Download our Raffles Connect app for a host of mobile / remote services. These include teleconsultation with medicine delivery and issuance of medical certificates, obtaining clinic queue numbers, receiving the latest COVID-19 advisories and more. All from the comfort and safety of your home / office.



**Raffles  
Connect**

Download Now  
Available on the App Store and Google Play



### Medicine Delivery Services\*

Request for repeat of medicine for chronic conditions, medicine previously prescribed for acute conditions or routine over-the-counter medicine without visiting any Raffles Medical clinics.

\*Available only for patient with existing records



Scan the QR code to  
access this service



### Dengue Vaccination

If you have had a previous dengue infection, and are between 12 to 45 years old, you can get vaccinated against dengue.



Scan to  
select online

## Raffles Home Care Services

Raffles Home Care Services offer you the convenience of getting a vaccination, blood test or clinical procedure done at home, skipping the need to travel to a clinic. Call / SMS 8614 8292 to enquire about any of the following home-based services.



### Home-Based FDW 6 Monthly Medical Examination (6ME)

Your foreign domestic worker is required to screen for pregnancy and infectious diseases every six months. Enjoy the convenience of a mobile screening, where we arrange for our medical personnel to go to your home to conduct the tests required.



Find out more  
or make an  
enquiry [here](#)



### Getting Your Vaccination Done At Home

Influenza is a viral infection that causes high fever, muscle aches, runny nose, sore throat and cough. When an infected person coughs or sneezes, anyone who is in close proximity may breathe in the droplets and get infected.

A vaccination to protect you and your family from influenza can be done without going to the clinic. [Find out more](#)