**Anaphylaxis**

**Summary**

Common causes include foods such as peanuts, tree nuts (e.g. almonds, walnuts, cashews, and Brazil nuts), sesame, fish, shellfish, dairy products and eggs.

Non-food causes include wasp or bee stings, natural latex (rubber), penicillin or any other drug or injection.

In some people, exercise can trigger a severe reaction — either on its own or in combination with other factors such as food or drugs (e.g. aspirin).

**Symptoms**

* generalised flushing of the skin
* nettle rash (hives) anywhere on the body
* sense of impending doom
* swelling of throat and mouth
* difficulty in swallowing or speaking
* alterations in heart rate
* severe asthma
* abdominal pain, nausea and vomiting
* sudden feeling of weakness (drop in blood pressure)
* collapse and unconsciousness

**Strategies**

Adrenaline auto-injectors are prescribed for those believed to be at risk. Adrenaline (also known as epinephrine) acts quickly to constrict blood vessels, relax smooth muscles in the lungs to improve breathing, stimulate the heartbeat and help to stop swelling around the face and lips.

<https://www.anaphylaxis.org.uk/knowledgebase/allergy-to-fruit/>