

## About the MVAG

The Metro Vancouver Anaphylaxis Group is a volunteer parent-run group for individuals and families affected by life-threatening allergies. The group operates throughout the Metro Vancouver/Lower Mainland area of British Columbia.

Our aim is to provide support and foster connections for individuals and families living with life-threatening allergies. To achieve this we share experiences, information and resources as a means to increase our own awareness as well as enhance the knowledge and understanding of the communities in which we live.

Membership is free.

## MVAG Membership Benefits

- Connect with other individuals and families in your community.
- Learn practical strategies to manage life-threatening allergies at home, work and play.
- Access information on allergy resources and products.
- Participate in group events such as meetings and social activities.
- Share in the opportunity to learn from the experiences of others and for others to learn from your experiences.
- Develop the skills and knowledge necessary to advocate for your own or your child's needs to live with life-threatening allergies.

## Privacy Statement

The privacy of the MVAG membership is important to us. Member information is not distributed outside of the MVAG membership and is not sold to anyone.

## Affiliation

The Metro Vancouver Anaphylaxis Group is a subscribing member to Anaphylaxis Canada. We believe it is important to support the work of Anaphylaxis Canada to raise awareness and advance the research of life-threatening allergies.



## MVAG Contact Information

*Website:* [www.vancouveranaphylaxis.ca](http://www.vancouveranaphylaxis.ca)

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# Metro Vancouver Anaphylaxis Group

Does a life-threatening allergy (anaphylaxis) affect you or your child? If so, your membership with the Metro Vancouver Anaphylaxis Group (MVAG) will connect you with others who share similar experiences.

[www.vancouveranaphylaxis.ca](http://www.vancouveranaphylaxis.ca)

**GET CONNECTED TO YOUR LOCAL COMMUNITY FOR SUPPORT:**

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### **What Is Anaphylaxis?**

Anaphylaxis is the term used for a serious allergic reaction that can be life-threatening. Food is the most common cause of anaphylaxis. However, it can also be caused by insect stings, latex, medicine or exercise induced.

### **Signs and Symptoms of Anaphylaxis**

Anaphylaxis affects multiple body systems including the skin, respiratory, gastro-intestinal and cardiovascular. It can present with a few or many symptoms including:

- Hives or welts
- Swelling of the throat, lips, tongue, or around the eye
- Difficulty breathing or swallowing
- Metallic taste or itching in the mouth
- Flushing of the face, itching, or redness of the skin
- Abdominal cramps
- Nausea
- Vomiting or diarrhea
- Increased heart rate
- Decreased blood pressure
- Sudden feeling of doom
- Collapse, loss of consciousness
- Coma or death

The onset of an anaphylactic reaction usually occurs rapidly. However, some life-threatening reactions could have a delay.

### **Treatment of Anaphylaxis**

The best treatment for anaphylaxis is epinephrine (usually administered through an auto-injector). Epinephrine acts to reverse the life-threatening cardiovascular effects from an anaphylactic reaction. Therefore it is essential that everyone who is at risk of anaphylaxis carries an auto-injector of epinephrine with them at all times.

### **A.C.T. When an Anaphylactic Reaction Occurs**

**A**dminister epinephrine (auto-injector)  
Remember to administer the second dose of epinephrine after 10 minutes only if the reaction continues or gets worse.

**C**all 911  
Inform the operator that someone is having a life-threatening allergic reaction. It is important to inform them of the time the epinephrine was administered.

**T**ransfer care to emergency personnel and ensure transport to the hospital

### **Be Prepared**

Everyone who has a life-threatening allergy needs to carry an auto-injector of epinephrine at all times.

It is also important to educate your friends, family and colleagues on what is anaphylaxis, what are the signs of an allergic reaction and how they can help you if you are unable to assist yourself at the onset of a reaction. Train them to use an auto-injector.

### **Tips for the Newly Diagnosed**

1. Always carry your auto-injector
2. Consult with an allergist
3. Educate yourself on the allergy
4. Educate yourself about an anaphylaxis plan
5. Learn what cross contamination is and how to minimize the risk
6. Consult with others who share similar experiences in order to access information, resources and support.
7. Remember that you are not alone.

### **Canadian Website Resources**

*Anaphylaxis Canada*  
[www.anaphylaxis.ca](http://www.anaphylaxis.ca)

*Canadian MedicAlert Foundation*  
[www.medicalert.ca](http://www.medicalert.ca)

*EpiPen Auto-Injector*  
[www.epipen.ca](http://www.epipen.ca)

*Twinject Auto-Injector*  
[www.twinject.ca](http://www.twinject.ca)

*Allergic Living Magazine*  
[www.allergicliving.ca](http://www.allergicliving.ca)

*Allergy Safe Communities*  
[www.allergysafecommunities.ca](http://www.allergysafecommunities.ca)

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### **Disclaimer**

*The information contained in this brochure is not intended to be a substitute for medical advice or medical treatment. The information has not been reviewed by medical practitioners. The Metro Vancouver Anaphylaxis Group advises everyone to consult with a medical practitioner for individual allergy diagnosis and treatment.*