

If I am having an **allergic reaction**,  
I may have or feel:



Itchy, watery eyes



Itchy nose, runny nose,  
or sneezing



Rashes or hives (a rash  
with raised red patches)



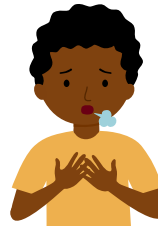
"My stomach hurts"



Throwing up



Tongue swelling, cough, or  
throat closing



Wheezing (a whistling  
sound when you breathe)

Chest tightness and losing  
your breath



"Feels like the room  
is spinning"

*Fold page here to follow along*

Other: \_\_\_\_\_