

Anaphylaxis Quiz: 100 Multiple-Choice Questions with Answers

1. What is anaphylaxis?

- A. A mild skin rash
- B. A severe, life-threatening allergic reaction
- C. A viral infection
- D. A chronic lung disease

2. Which medication is considered the first-line treatment for anaphylaxis?

- A. Ibuprofen
- B. Acetaminophen
- C. Epinephrine
- D. Aspirin

3. What is a common trigger for anaphylaxis?

- A. Water
- B. Peanuts
- C. Bread
- D. Rice

4. Which body system is most commonly affected during anaphylaxis?

- A. Nervous system only
- B. Digestive system only
- C. Multiple body systems
- D. Skeletal system only

5. Which symptom is commonly seen in anaphylaxis?

- A. Hives
- B. Broken bone
- C. Hair loss
- D. Blurred handwriting

6. What should someone do immediately after using an epinephrine auto-injector?

- A. Go to sleep
- B. Drink coffee
- C. Seek emergency medical care
- D. Ignore symptoms

7. Which insect sting commonly causes anaphylaxis?

- A. Mosquito
- B. Bee
- C. Ant
- D. Fly

8. Which symptom indicates a dangerous airway problem during anaphylaxis?

- A. Sneezing
- B. Mild headache
- C. Wheezing
- D. Dry skin

9. Anaphylaxis usually develops:

- A. Over several months
- B. Very rapidly
- C. Only during sleep
- D. After years of symptoms

10. Which food is a frequent cause of anaphylaxis in children?

- A. Apples
- B. Peanuts
- C. Lettuce
- D. Potatoes

11. What is hypotension?

- A. High blood sugar
- B. Low blood pressure
- C. High body temperature
- D. Fast hair growth

12. Which route is preferred for epinephrine administration during anaphylaxis?

- A. Oral
- B. Intramuscular injection
- C. Eye drops
- D. Topical cream

13. Which latex product may trigger anaphylaxis in allergic individuals?

- A. Cotton gloves
- B. Latex gloves
- C. Paper towels
- D. Wooden spoons

14. What is angioedema?

- A. Bone inflammation
- B. Swelling beneath the skin
- C. Liver disease
- D. Hair thinning

15. Which symptom may indicate cardiovascular collapse in anaphylaxis?

- A. Dizziness
- B. Improved vision
- C. Increased appetite
- D. Ear pain

16. Which medication class may be used after epinephrine for symptom relief?

- A. Antihistamines
- B. Antibiotics
- C. Antivirals
- D. Sedatives

17. What is a biphasic anaphylactic reaction?

- A. Symptoms that never stop
- B. A second wave of symptoms after initial recovery
- C. A mild allergic rash
- D. An infection following allergies

18. Which shellfish is a common allergen?

- A. Shrimp
- B. Tuna
- C. Cod
- D. Sardines

19. Which symptom is considered a skin manifestation of anaphylaxis?

- A. Hives
- B. Chest pain
- C. Vomiting
- D. Wheezing

20. Why is prompt treatment important in anaphylaxis?

- A. Symptoms are always mild
- B. It can rapidly become fatal
- C. It improves appetite
- D. It prevents headaches

21. Which nut is commonly linked to anaphylaxis?

- A. Almond
- B. Cashew
- C. Walnut

D. All of the above

22. What should schools have available for severe allergic emergencies?

- A. Ice packs only
- B. Epinephrine auto-injectors
- C. Sleeping pills
- D. Antibiotics

23. Which respiratory symptom may occur during anaphylaxis?

- A. Wheezing
- B. Hiccups
- C. Snoring
- D. Yawning

24. Which statement about anaphylaxis is true?

- A. It always occurs slowly
- B. It can happen within minutes
- C. It only affects adults
- D. It never affects breathing

25. Which medication can sometimes trigger anaphylaxis?

- A. Penicillin
- B. Vitamin C
- C. Calcium tablets
- D. Eye lubricant

26. Which organ system is threatened by throat swelling?

- A. Respiratory system
- B. Skeletal system
- C. Urinary system
- D. Endocrine system

27. What is an epinephrine auto-injector designed for?

- A. Measuring blood sugar
- B. Rapid self-administration of epinephrine
- C. Delivering antibiotics
- D. Monitoring oxygen levels

28. Which symptom may affect the digestive system during anaphylaxis?

- A. Vomiting
- B. Toothache
- C. Back pain
- D. Nosebleed

29. People with severe allergies should:

- A. Avoid known triggers
- B. Ignore symptoms
- C. Share medications randomly
- D. Stop carrying epinephrine

30. Which medical professional commonly diagnoses allergies?

- A. Dermatologist
- B. Allergist
- C. Orthopedic surgeon
- D. Dentist

31. Which symptom may signal severe oxygen deprivation?

- A. Blue lips
- B. Dry elbows
- C. Leg cramps
- D. Hiccups

32. Which food allergy is especially common in infants?

- A. Egg allergy
- B. Garlic allergy

- C. Onion allergy
- D. Pepper allergy

33. Which action is appropriate during suspected anaphylaxis?

- A. Wait several hours
- B. Use epinephrine promptly
- C. Take only vitamins
- D. Exercise vigorously

34. What can happen if anaphylaxis is untreated?

- A. Spontaneous cure always occurs
- B. Death may occur
- C. Hair color changes
- D. Better breathing develops

35. Which symptom reflects poor circulation during anaphylaxis?

- A. Fainting
- B. Sneezing
- C. Dry hair
- D. Hiccups

36. What is a common environmental trigger of anaphylaxis?

- A. Pollen in highly sensitive individuals
- B. Sand
- C. Wind
- D. Snow

37. Which symptom may affect the mouth during anaphylaxis?

- A. Tongue swelling
- B. Tooth decay
- C. Gum bleeding only
- D. Dry tongue without swelling

38. Which age group can experience anaphylaxis?

- A. Only children
- B. Only adults
- C. Only older adults
- D. People of all ages

39. Which type of allergy testing may identify triggers?

- A. Skin prick testing
- B. Vision testing
- C. Hearing test
- D. Bone scan

40. Which symptom commonly affects the skin during anaphylaxis?

- A. Itching
- B. Bruising
- C. Scarring
- D. Sunburn

41. What is the purpose of emergency observation after anaphylaxis?

- A. To monitor for recurring symptoms
- B. To improve sleep
- C. To strengthen muscles
- D. To change eye color

42. Which food is a common trigger of anaphylaxis in adults?

- A. Shellfish
- B. Celery
- C. Carrots
- D. Apples

43. Which symptom indicates airway narrowing?

- A. Stridor
- B. Sneezing once

- C. Dry hands
- D. Mild fatigue

44. What should someone check regularly on an epinephrine auto-injector?

- A. Expiration date
- B. Shoe size
- C. Weight only
- D. Blood type

45. Which reaction severity best describes anaphylaxis?

- A. Mild
- B. Moderate only
- C. Severe
- D. Harmless

46. Which immune substance plays a major role in allergic reactions?

- A. Histamine
- B. Insulin
- C. Hemoglobin
- D. Calcium

47. Which symptom may affect the heart during anaphylaxis?

- A. Rapid heartbeat
- B. Broken rib
- C. Tooth sensitivity
- D. Earwax buildup

48. What is the safest strategy for someone with known severe allergies?

- A. Carry epinephrine at all times
- B. Ignore medical advice
- C. Avoid reading food labels

D. Share food freely

49. Which symptom may indicate shock during anaphylaxis?

- A. Pale skin
- B. Improved balance
- C. Increased appetite
- D. Better concentration

50. What is the best position for someone feeling faint during anaphylaxis?

- A. Lying flat with legs elevated if tolerated
- B. Standing upright
- C. Running
- D. Sitting on the floor bent forward

51. Which food label statement is important for allergy prevention?

- A. "May contain peanuts"
- B. "Low sodium"
- C. "Sugar free"
- D. "High fiber"

52. Which symptom can occur in the gastrointestinal tract?

- A. Abdominal cramps
- B. Toothache
- C. Vision loss
- D. Nosebleeds

53. Which allergy can trigger anaphylaxis in healthcare settings?

- A. Latex allergy
- B. Dust allergy only
- C. Soap allergy only
- D. Cotton allergy

54. Which statement about antihistamines is correct?

- A. They replace epinephrine completely
- B. They are first-line treatment for airway swelling
- C. They may help some symptoms but are not enough alone
- D. They cure allergies permanently

55. Which symptom may appear early in anaphylaxis?

- A. Tingling sensation
- B. Broken bone
- C. Hair loss
- D. Chronic cough only

56. Which seafood category commonly causes allergic reactions?

- A. Shellfish
- B. Seaweed
- C. Tuna only
- D. Sardines only

57. Which symptom may indicate worsening breathing problems?

- A. Chest tightness
- B. Dry knees
- C. Blurred handwriting
- D. Tooth sensitivity

58. Which action should be avoided during anaphylaxis?

- A. Delaying epinephrine use
- B. Calling emergency services
- C. Monitoring breathing
- D. Avoiding triggers

59. Which allergy is common in young children?

- A. Milk allergy
- B. Salt allergy
- C. Rice allergy

D. Water allergy

60. Which symptom may affect mental status during severe anaphylaxis?

- A. Confusion
- B. Improved memory
- C. Increased concentration
- D. Better hearing

61. Which body chemical helps tighten blood vessels during treatment?

- A. Epinephrine
- B. Glucose
- C. Calcium
- D. Potassium

62. Which item should people with severe allergies wear?

- A. Medical alert identification
- B. Decorative necklace only
- C. Sports medal
- D. Cotton scarf only

63. Which symptom may affect the throat during anaphylaxis?

- A. Tightness
- B. Toothache
- C. Dry tongue only
- D. Ear pain

64. What is the role of emergency services after epinephrine use?

- A. Evaluate and continue treatment if needed
- B. Provide dental care
- C. Measure height only
- D. Test vision only

65. Which symptom may occur with severe allergic shock?

- A. Weak pulse
- B. Strong appetite
- C. Improved endurance
- D. Hair growth

66. Which common medication group may trigger allergic reactions?

- A. Antibiotics
- B. Vitamins
- C. Eye lubricants
- D. Saline sprays

67. Which factor increases anaphylaxis risk severity?

- A. Asthma
- B. Good hydration
- C. Regular exercise alone
- D. Wearing glasses

68. Which symptom is considered respiratory distress?

- A. Difficulty breathing
- B. Dry elbows
- C. Sneezing once
- D. Mild fatigue only

69. Which food is a major allergen in the United States?

- A. Peanuts
- B. Cucumbers
- C. Lettuce
- D. Pears

70. Which action helps prevent accidental allergen exposure?

- A. Reading ingredient labels carefully
- B. Ignoring labels

- C. Sharing utensils freely
- D. Guessing ingredients

71. Which symptom may occur on the skin during anaphylaxis?

- A. Flushing
- B. Bruising
- C. Peeling nails
- D. Hair thinning

72. Which symptom may indicate reduced oxygen delivery?

- A. Cyanosis
- B. Hiccups
- C. Mild sneezing
- D. Dry lips only

73. Which healthcare setting commonly keeps epinephrine available?

- A. Schools and clinics
- B. Parking garages only
- C. Libraries only
- D. Grocery aisles only

74. Which symptom can affect speech during anaphylaxis?

- A. Hoarseness
- B. Better pronunciation
- C. Singing ability
- D. Loud laughing only

75. Which food group includes common allergens?

- A. Tree nuts
- B. Celery only
- C. Cucumbers only
- D. Mushrooms only

76. Which emergency symptom requires immediate action?

- A. Swollen throat
- B. Mild dry skin
- C. Minor muscle soreness
- D. Temporary boredom

77. Which symptom may occur in severe anaphylaxis?

- A. Loss of consciousness
- B. Improved balance
- C. Increased strength
- D. Enhanced vision

78. Which action is important after identifying an allergen?

- A. Avoid future exposure
- B. Continue exposure regularly
- C. Ignore medical advice
- D. Share allergens freely

79. Which body system may experience cramping during anaphylaxis?

- A. Gastrointestinal system
- B. Skeletal system
- C. Urinary system
- D. Vision system

80. Which symptom can develop rapidly in anaphylaxis?

- A. Swelling
- B. Hair growth
- C. Nail thickening
- D. Improved hearing

81. Which treatment may provide supplemental oxygen during severe reactions?

- A. Oxygen therapy
- B. Eye drops
- C. Dental cleaning
- D. Massage therapy

82. Which food allergy may persist into adulthood?

- A. Peanut allergy
- B. Rice allergy only
- C. Apple allergy only
- D. Pear allergy only

83. Which symptom may signal airway swelling?

- A. Difficulty swallowing
- B. Dry fingers
- C. Mild fatigue
- D. Ear itching only

84. Which healthcare instruction is important for severe allergies?

- A. Develop an emergency action plan
- B. Avoid all medical care
- C. Ignore symptoms
- D. Stop carrying medications

85. Which symptom may occur because of histamine release?

- A. Itching
- B. Bone fractures
- C. Tooth loss
- D. Hearing loss

86. Which factor may worsen allergic reactions?

- A. Delayed treatment
- B. Early epinephrine use
- C. Trigger avoidance
- D. Medical monitoring

87. Which symptom may affect circulation during anaphylaxis?

- A. Low blood pressure
- B. Increased bone density
- C. Improved balance
- D. Enhanced memory

88. Which food commonly causes allergic reactions in children?

- A. Milk
- B. Rice
- C. Potatoes
- D. Peas

89. Which symptom may suggest severe respiratory compromise?

- A. Gasping for air
- B. Sneezing once
- C. Dry hands
- D. Mild fatigue

90. Which step is essential after an allergic emergency?

- A. Follow up with a healthcare provider
- B. Ignore the incident
- C. Avoid future evaluations
- D. Throw away medications

91. Which type of reaction can recur after apparent recovery?

- A. Biphasic reaction
- B. Viral infection
- C. Chronic arthritis
- D. Heat rash

92. Which symptom may occur in the nose during allergic reactions?

- A. Runny nose

- B. Tooth fracture
- C. Jaw locking
- D. Bone pain

93. Which group should know how to use an epinephrine auto-injector?

- A. Family members and caregivers
- B. Dentists only
- C. Librarians only
- D. Mechanics only

94. Which symptom may indicate severe allergic involvement of the lungs?

- A. Wheezing
- B. Dry skin
- C. Mild sneezing
- D. Leg cramps

95. Which food allergy often requires strict label checking?

- A. Peanut allergy
- B. Salt sensitivity only
- C. Water sensitivity only
- D. Onion preference

96. Which emergency response is correct for suspected anaphylaxis?

- A. Use epinephrine and call emergency services
- B. Wait until symptoms disappear
- C. Exercise vigorously
- D. Drink caffeinated beverages only

97. Which symptom may indicate severe swelling in the mouth?

- A. Enlarged tongue
- B. Tooth sensitivity

- C. Dry lips
- D. Ear pain

98. Which prevention strategy is important for food allergies?

- A. Inform restaurants about allergies
- B. Guess ingredients
- C. Share meals without asking
- D. Ignore labels

99. Which symptom may occur because of reduced blood flow to the brain?

- A. Dizziness
- B. Better concentration
- C. Enhanced memory
- D. Sharper vision

100. What is the most important takeaway about anaphylaxis?

- A. It should always be treated immediately
- B. It is never dangerous
- C. It only affects the skin
- D. It resolves without treatment every time