

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

Answer: B. A severe, life-threatening allergic reaction

Explanation: Anaphylaxis is a rapid and potentially fatal allergic reaction that affects multiple body systems and requires immediate treatment.

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

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

Answer: C. Epinephrine

Explanation: Epinephrine is the most important treatment for anaphylaxis because it quickly reverses airway swelling, low blood pressure, and breathing problems.

3. What is a common trigger for anaphylaxis?

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

Answer: B. Peanuts

Explanation: Peanuts are among the most common food allergens associated with severe allergic reactions and anaphylaxis.

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

Answer: C. Multiple body systems

Explanation: Anaphylaxis usually affects several systems at once, including the skin, respiratory, cardiovascular, and gastrointestinal systems.

5. Which symptom is commonly seen in anaphylaxis?

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

Answer: A. Hives

Explanation: Hives are itchy, raised welts on the skin and are one of the most common symptoms of allergic reactions.

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

Answer: C. Seek emergency medical care

Explanation: Even after epinephrine is given, emergency medical evaluation is necessary because symptoms may return.

7. Which insect sting commonly causes anaphylaxis?

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

Answer: B. Bee

Explanation: Bee stings are a well-known cause of severe allergic reactions in sensitive individuals.

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

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

Answer: C. Wheezing

Explanation: Wheezing can indicate airway narrowing and breathing difficulty, which are serious signs during anaphylaxis.

9. Anaphylaxis usually develops:

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

Answer: B. Very rapidly

Explanation: Symptoms often begin within minutes after exposure to an allergen.

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

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

Answer: B. Peanuts

Explanation: Peanut allergies are common in children and can lead to severe reactions.

11. What is hypotension?

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

Answer: B. Low blood pressure

Explanation: Low blood pressure is a dangerous feature of severe anaphylaxis and may lead to shock.

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

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

Answer: B. Intramuscular injection

Explanation: Intramuscular injection into the thigh allows rapid absorption of epinephrine.

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

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

Answer: B. Latex gloves

Explanation: Latex allergy can trigger severe allergic reactions in sensitive people.

14. What is angioedema?

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

Answer: B. Swelling beneath the skin

Explanation: Angioedema commonly affects the lips, face, and throat during allergic reactions.

15. Which symptom may indicate cardiovascular collapse in anaphylaxis?

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

Answer: A. Dizziness

Explanation: Dizziness may result from low blood pressure and reduced blood flow to the brain.

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

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

Answer: A. Antihistamines

Explanation: Antihistamines can help relieve itching and hives but do not replace epinephrine.

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

Answer: B. A second wave of symptoms after initial recovery

Explanation: Biphasic reactions can occur hours after the first reaction resolves.

18. Which shellfish is a common allergen?

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

Answer: A. Shrimp

Explanation: Shellfish such as shrimp are common triggers for food allergies.

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

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

Answer: A. Hives

Explanation: Skin symptoms such as hives and flushing are frequently seen in anaphylaxis.

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

Answer: B. It can rapidly become fatal

Explanation: Delayed treatment increases the risk of severe complications and death.

21. Which nut is commonly linked to anaphylaxis?

- A. Almond
- B. Cashew
- C. Walnut
- D. All of the above

Answer: D. All of the above

Explanation: Tree nuts are common allergens capable of causing severe reactions.

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

- A. Ice packs only

- B. Epinephrine auto-injectors
- C. Sleeping pills
- D. Antibiotics

Answer: B. Epinephrine auto-injectors

Explanation: Quick access to epinephrine can save lives during allergic emergencies.

23. Which respiratory symptom may occur during anaphylaxis?

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

Answer: A. Wheezing

Explanation: Airway narrowing commonly causes wheezing and breathing difficulty.

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

Answer: B. It can happen within minutes

Explanation: Rapid onset is a hallmark of anaphylaxis.

25. Which medication can sometimes trigger anaphylaxis?

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

Answer: A. Penicillin

Explanation: Antibiotics such as penicillin are common medication-related allergens.

26. Which organ system is threatened by throat swelling?

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

Answer: A. Respiratory system

Explanation: Swelling in the throat can block airflow and cause respiratory failure.

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

Answer: B. Rapid self-administration of epinephrine

Explanation: Auto-injectors allow fast treatment during allergic emergencies.

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

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

Answer: A. Vomiting

Explanation: Nausea, vomiting, and abdominal cramps are common gastrointestinal symptoms.

29. People with severe allergies should:

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

Answer: A. Avoid known triggers

Explanation: Preventing exposure is an important strategy in allergy management.

30. Which medical professional commonly diagnoses allergies?

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

Answer: B. Allergist

Explanation: Allergists specialize in diagnosing and managing allergic conditions.

31. Which symptom may signal severe oxygen deprivation?

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

Answer: A. Blue lips

Explanation: Cyanosis, or bluish skin/lips, may indicate inadequate oxygen.

32. Which food allergy is especially common in infants?

- A. Egg allergy
- B. Garlic allergy
- C. Onion allergy
- D. Pepper allergy

Answer: A. Egg allergy

Explanation: Egg allergy is frequently diagnosed during childhood.

33. Which action is appropriate during suspected anaphylaxis?

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

Answer: B. Use epinephrine promptly

Explanation: Immediate epinephrine administration improves survival.

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

Answer: B. Death may occur

Explanation: Severe anaphylaxis can lead to airway obstruction or shock.

35. Which symptom reflects poor circulation during anaphylaxis?

- A. Fainting
- B. Sneezing

- C. Dry hair
- D. Hiccups

Answer: A. Fainting

Explanation: Fainting can result from dangerously low blood pressure.

36. What is a common environmental trigger of anaphylaxis?

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

Answer: A. Pollen in highly sensitive individuals

Explanation: Severe pollen allergies can occasionally contribute to systemic reactions.

37. Which symptom may affect the mouth during anaphylaxis?

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

Answer: A. Tongue swelling

Explanation: Swelling of the tongue can obstruct the airway.

38. Which age group can experience anaphylaxis?

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

Answer: D. People of all ages

Explanation: Anaphylaxis can occur in infants, children, teens, adults, and older adults.

39. Which type of allergy testing may identify triggers?

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

Answer: A. Skin prick testing

Explanation: Skin testing helps identify substances that may trigger allergic reactions.

40. Which symptom commonly affects the skin during anaphylaxis?

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

Answer: A. Itching

Explanation: Histamine release during allergic reactions often causes itching.

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

Answer: A. To monitor for recurring symptoms

Explanation: Patients may develop delayed or biphasic reactions after initial treatment.

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

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

Answer: A. Shellfish

Explanation: Shellfish allergy is especially common among adults.

43. Which symptom indicates airway narrowing?

- A. Stridor
- B. Sneezing once
- C. Dry hands
- D. Mild fatigue

Answer: A. Stridor

Explanation: Stridor is a harsh breathing sound caused by upper airway obstruction.

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

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

Answer: A. Expiration date

Explanation: Expired epinephrine may be less effective during emergencies.

45. Which reaction severity best describes anaphylaxis?

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

Answer: C. Severe

Explanation: Anaphylaxis is considered a severe allergic emergency.

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

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

Answer: A. Histamine

Explanation: Histamine contributes to swelling, itching, and airway changes.

47. Which symptom may affect the heart during anaphylaxis?

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

Answer: A. Rapid heartbeat

Explanation: The body may respond to low blood pressure with an increased heart rate.

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

Answer: A. Carry epinephrine at all times

Explanation: Immediate access to epinephrine is critical during emergencies.

49. Which symptom may indicate shock during anaphylaxis?

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

Answer: A. Pale skin

Explanation: Shock may reduce blood flow and cause pale, cool skin.

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

Answer: A. Lying flat with legs elevated if tolerated

Explanation: This position may help improve blood flow during low blood pressure.

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

- A. "May contain peanuts"
- B. "Low sodium"

- C. "Sugar free"
- D. "High fiber"

Answer: A. "May contain peanuts"

Explanation: Cross-contamination warnings help allergic individuals avoid dangerous exposure.

52. Which symptom can occur in the gastrointestinal tract?

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

Answer: A. Abdominal cramps

Explanation: Digestive symptoms are common during systemic allergic reactions.

53. Which allergy can trigger anaphylaxis in healthcare settings?

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

Answer: A. Latex allergy

Explanation: Latex products are common in healthcare environments and may trigger severe reactions.

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

Answer: C. They may help some symptoms but are not enough alone

Explanation: Antihistamines do not rapidly reverse life-threatening airway or circulation problems.

55. Which symptom may appear early in anaphylaxis?

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

Answer: A. Tingling sensation

Explanation: Some individuals notice tingling or warmth before more severe symptoms develop.

56. Which seafood category commonly causes allergic reactions?

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

Answer: A. Shellfish

Explanation: Shrimp, crab, and lobster are frequent triggers.

57. Which symptom may indicate worsening breathing problems?

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

Answer: A. Chest tightness

Explanation: Chest tightness may indicate airway constriction.

58. Which action should be avoided during anaphylaxis?

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

Answer: A. Delaying epinephrine use

Explanation: Delayed epinephrine administration is linked with worse outcomes.

59. Which allergy is common in young children?

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

Answer: A. Milk allergy

Explanation: Cow's milk allergy is one of the most common childhood food allergies.

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

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

Answer: A. Confusion

Explanation: Reduced oxygen or blood flow to the brain may cause confusion.

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

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

Answer: A. Epinephrine

Explanation: Epinephrine raises blood pressure and improves circulation.

62. Which item should people with severe allergies wear?

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

Answer: A. Medical alert identification

Explanation: Medical alert jewelry can help responders identify allergies quickly.

63. Which symptom may affect the throat during anaphylaxis?

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

Answer: A. Tightness

Explanation: Throat tightness may signal airway swelling.

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

Answer: A. Evaluate and continue treatment if needed

Explanation: Additional medication, oxygen, or monitoring may be required.

65. Which symptom may occur with severe allergic shock?

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

Answer: A. Weak pulse

Explanation: Shock can reduce effective blood circulation.

66. Which common medication group may trigger allergic reactions?

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

Answer: A. Antibiotics

Explanation: Certain antibiotics are common causes of medication allergies.

67. Which factor increases anaphylaxis risk severity?

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

Answer: A. Asthma

Explanation: Asthma may worsen breathing complications during allergic reactions.

68. Which symptom is considered respiratory distress?

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

Answer: A. Difficulty breathing

Explanation: Trouble breathing is a medical emergency in anaphylaxis.

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

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

Answer: A. Peanuts

Explanation: Peanut allergy is a major cause of severe allergic reactions.

70. Which action helps prevent accidental allergen exposure?

- A. Reading ingredient labels carefully
- B. Ignoring labels
- C. Sharing utensils freely
- D. Guessing ingredients

Answer: A. Reading ingredient labels carefully

Explanation: Careful label reading helps avoid hidden allergens.

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

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

Answer: A. Flushing

Explanation: Histamine release can cause redness and warmth of the skin.

72. Which symptom may indicate reduced oxygen delivery?

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

Answer: A. Cyanosis

Explanation: Bluish discoloration indicates inadequate oxygenation.

73. Which healthcare setting commonly keeps epinephrine available?

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

Answer: A. Schools and clinics

Explanation: Public settings increasingly stock epinephrine for emergencies.

74. Which symptom can affect speech during anaphylaxis?

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

Answer: A. Hoarseness

Explanation: Swelling near the vocal cords may change the voice.

75. Which food group includes common allergens?

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

Answer: A. Tree nuts

Explanation: Tree nuts are among the major food allergens.

76. Which emergency symptom requires immediate action?

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

Answer: A. Swollen throat

Explanation: Throat swelling can quickly block breathing.

77. Which symptom may occur in severe anaphylaxis?

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

Answer: A. Loss of consciousness

Explanation: Severe low blood pressure may cause unconsciousness.

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

Answer: A. Avoid future exposure

Explanation: Avoidance is the best prevention strategy.

79. Which body system may experience cramping during anaphylaxis?

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

Answer: A. Gastrointestinal system

Explanation: Abdominal cramping commonly occurs during systemic allergic reactions.

80. Which symptom can develop rapidly in anaphylaxis?

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

Answer: A. Swelling

Explanation: Tissue swelling may progress within minutes.

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

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

Answer: A. Oxygen therapy

Explanation: Oxygen may help patients with breathing difficulties.

82. Which food allergy may persist into adulthood?

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

Answer: A. Peanut allergy

Explanation: Peanut allergy often continues throughout life.

83. Which symptom may signal airway swelling?

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

Answer: A. Difficulty swallowing

Explanation: Swallowing problems may indicate throat involvement.

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

Answer: A. Develop an emergency action plan

Explanation: Action plans help patients and caregivers respond quickly.

85. Which symptom may occur because of histamine release?

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

Answer: A. Itching

Explanation: Histamine is strongly associated with itching and hives.

86. Which factor may worsen allergic reactions?

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

Answer: A. Delayed treatment

Explanation: Rapid intervention is associated with better outcomes.

87. Which symptom may affect circulation during anaphylaxis?

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

Answer: A. Low blood pressure

Explanation: Blood vessels may widen dramatically during severe allergic reactions.

88. Which food commonly causes allergic reactions in children?

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

Answer: A. Milk

Explanation: Milk allergy is common in childhood.

89. Which symptom may suggest severe respiratory compromise?

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

Answer: A. Gasping for air

Explanation: Severe breathing difficulty requires emergency intervention.

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

Answer: A. Follow up with a healthcare provider

Explanation: Follow-up care helps confirm triggers and improve prevention.

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

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

Answer: A. Biphasic reaction

Explanation: Symptoms may return hours after the initial episode.

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

- A. Runny nose
- B. Tooth fracture
- C. Jaw locking
- D. Bone pain

Answer: A. Runny nose

Explanation: Nasal symptoms often accompany allergic responses.

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

Answer: A. Family members and caregivers

Explanation: People nearby may need to assist during emergencies.

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

- A. Wheezing
- B. Dry skin
- C. Mild sneezing

D. Leg cramps

Answer: A. Wheezing

Explanation: Wheezing reflects airway narrowing in the lungs.

95. Which food allergy often requires strict label checking?

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

Answer: A. Peanut allergy

Explanation: Peanut traces can appear in many processed foods.

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

Answer: A. Use epinephrine and call emergency services

Explanation: Immediate treatment and emergency care are essential.

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

- A. Enlarged tongue
- B. Tooth sensitivity
- C. Dry lips
- D. Ear pain

Answer: A. Enlarged tongue

Explanation: Tongue swelling can interfere with breathing and speaking.

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

Answer: A. Inform restaurants about allergies

Explanation: Communication helps reduce accidental exposure.

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

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

Answer: A. Dizziness

Explanation: Low blood pressure can reduce blood flow to the brain.

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

Answer: A. It should always be treated immediately

Explanation: Anaphylaxis is a medical emergency, and rapid treatment with epinephrine can save lives.