

HOW TO GIVE AN AUTO-INJECTOR

Anaphylaxis Must be Treated with Epinephrine!

SIGNS OF MILD TO MODERATE ALLERGIC REACTION

- Swelling of lips, face, eyes
- Hives or welts
- Tingling mouth
- Abdominal pain, vomiting (these are signs of anaphylaxis or insect allergy)



ACTION FOR ANAPHYLAXIS

1. Lay person flat - do NOT allow them to stand or walk
 - If unconscious, place in recovery position
 - If breathing is difficult allow them to sit
2. Give adrenaline autoinjector
3. Call 911

4. Phone family/emergency contact
5. Further adrenaline doses may be given if no response after 5 minutes



STEP 1



Pull off the safety cap. Position end about 10 cm away from outer mid-thigh.

STEP 2



Form fist around autoinjector. Hold leg still and **PLACE ORANGE END** against outer mid-thigh (with or without clothing)

STEP 3



Firmly hold in place **PUSH DOWN HARD** until a click is heard or felt and hold in place for 3 seconds then remove autoinjector



ALWAYS give adrenaline autoinjector **FIRST**, if someone has **SEVERE AND SUDDEN BREATHING DIFFICULTY** (including wheeze, persistent cough or hoarse voice), even if there are no skin symptoms. **THEN SEEK MEDICAL HELP.**

5 WAYS TO HELP PREVENT A REACTION

- 1 Wash your hands
- 2 Do not share your food or snacks
- 3 Learn about food allergies know the signs and symptoms
- 4 Ask your teacher or an adult if the food or snacks are safe allergy free-foods
- 5 If you feel something is wrong Let an adult or teacher know right away

