How to Use an EpiPen®



Always carry your EpiPen® and Allergy Action Plan with you at all times.



1 Hold it correctly

Hold the EpiPen® in a fist. Blue to the sky. Orange to the thigh.



2 Remove the blue cap

Pull the blue safety cap straight up. Keep fingers away from the orange end.

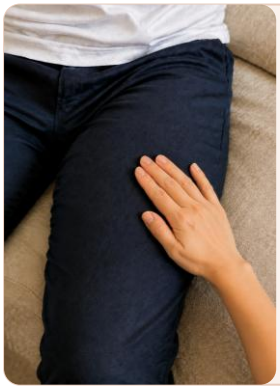


3 Place on the thigh

Lie or sit your child down. Hold the knee firmly. Place the orange tip at 90° against the outer mid-thigh. It can go through clothing.

4 Press, click and hold

Do not swing. Push firmly until you hear or feel a click. Hold in place for 3 seconds.



5 Remove and rub

Lift the EpiPen® straight out. Rub the injection area for 10 seconds.



6 Call an ambulance

Call 995 immediately. Say that your child has anaphylaxis and adrenaline has been given.

IMPORTANT.

When in doubt, use the EpiPen®

If there is no improvement after 5 minutes, give another EpiPen® if available.

Follow your child's Allergy Action Plan and the instructions supplied with their prescribed device.

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