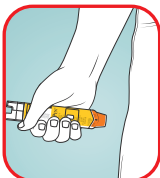
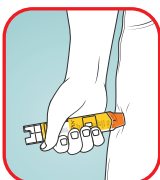


How to administer Epi-Pen®

- 1.** 

Pull off Blue Safety Cap. Grasp EpiPen® in dominant hand, with thumb nearest blue cap and form fist around EpiPen® and pull off the blue safety cap. **Remember: “Blue to the sky, orange to the thigh”.**
- 2.** 

Position Orange Tip. Hold the EpiPen® at a distance of approximately 10cm away from the outer thigh. The orange tip should point towards the outer thigh.
- 3.** 

Jab Orange Tip. Jab the EpiPen® firmly into the outer thigh at a right angle (90° angle). Hold firmly against thigh for 3 seconds.
- 4.** 

Dial 999, ask for an ambulance and **state anaphylaxis.** Stay lying down or seated and have someone stay with you until you have been assessed by a paramedic. Unconscious patients should be placed in the recovery position.

Each EpiPen® can only be used once. If symptoms don't improve, you should administer a second EpiPen® after 5–15 minutes.

All instructions are the same for EpiPen®/EpiPen®Jr.
Always refer to the patient information leaflet for detailed instructions.

Dial 999, ask for an ambulance and say “ANAPHYLAXIS”

Recognition and management of an allergic reaction/anaphylaxis

Signs and symptoms include:

Mild to moderate allergic reactions

- Swollen lips, face or eyes
- Itchy, tingling mouth
- Hives or itchy skin rash
- Abdominal pain or vomiting
- Sudden change in behaviour

Action

- Stay with the child, call help if necessary
- Locate adrenaline auto-injector(s)
- Give antihistamine according to the child's allergy treatment plan
- Phone parent/emergency contact

Watch for signs of ANAPHYLAXIS (life-threatening allergic reaction)

Airway:

- Swelling of the tongue
- Difficulty talking

- Persistent cough
- Hoarse voice

Breathing:

- Wheeze or chest tightness
- Difficult or noisy breathing

- Wheeze, persistent cough

Consciousness:

- Persistent dizziness
- Suddenly sleepy, collapse, unconscious

- Becoming pale or floppy

IF ANY ONE (OR MORE) OF THESE SIGNS ARE PRESENT:

1. Lie child flat with legs raised
(if breathing is difficult allow child to sit).
2. Use adrenaline auto-injector **WITHOUT DELAY**.
3. Dial 999 to request ambulance and say:

“ANAPHYLAXIS” – IF IN DOUBT GIVE ADRENALINE

After giving adrenaline:

1. Stay with child until ambulance arrives, **DO NOT** stand child up.
2. Commence CPR if there are no signs of life.
3. Phone parent/emergency contact.
4. If no improvement after 5 minutes, give further dose of adrenaline using another auto-injector device, if available.



Anaphylaxis may occur without initial mild signs: **ALWAYS** use adrenaline auto-injector **FIRST** in someone with known food allergy who has **SUDDEN BREATHING DIFFICULTY** (persistent cough, hoarse voice, wheeze) – even if no skin symptoms are present.