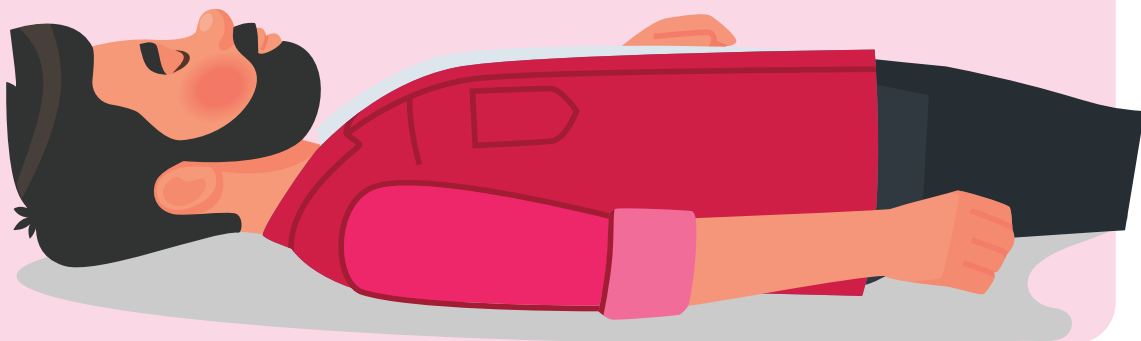


ANAPHYLAXIS

How to use an EpiPen

STEP
01

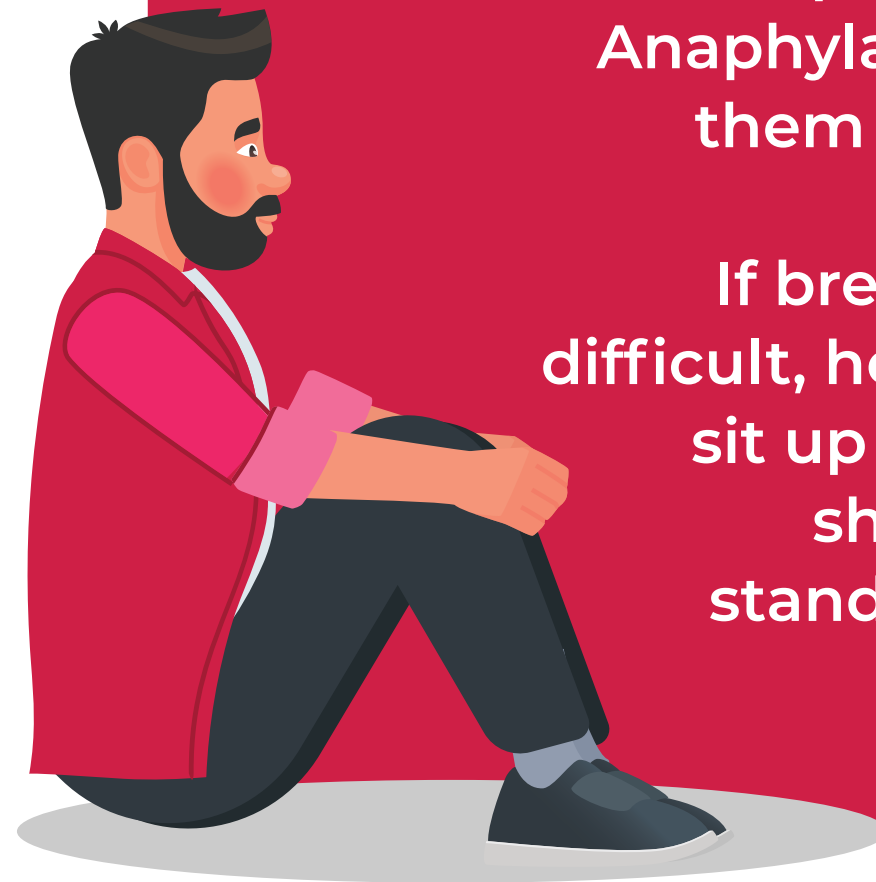
Lay person flat,
keep them calm.



STEP
02

When someone is
experiencing
Anaphylaxis, help
them lie down

If breathing is
difficult, help them
sit up but they
should not
stand or walk.



STEP
03



Make a fist around the middle of the EpiPen, keeping your fingers and thumb away from either end. When you hold the EpiPen it's 'blue to the sky and orange to the thigh'. Pull off the blue safety release.

STEP
04



Hand holding pen, place the orange end against outer mid-thigh at 90 degrees.

STEP
05



Place the orange end firmly against the middle of the outer thigh. The EpiPen works through a single layer of clothing, but not through pockets or seams. Push the EpiPen down onto the thigh until you hear a click. Hold firmly in place while counting to three.

STEP
06

When you remove the EpiPen the orange end will extend over the needle.

Put the EpiPen to one side, call triple zero immediately and ask for an ambulance.

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