For use with EpiPen® adrenaline (epinephrine) autoinjectors

### How to give EpiPen®

**1** Form fist around EpiPen® and PULL OFF BLUE SAFETY RELEASE

**2** Hold leg still and PLACE ORANGE END against outer mid-thigh (with or without clothing)

**3** PUSH DOWN HARD until a click is heard or felt and hold in place for 3 seconds REMOVE EpiPen®

EpiPen® is given as follows:
- EpiPen® Jr (150 mcg) for children 7.5-20kg
- EpiPen® (300 mcg) for children over 20kg and adults

### FIRST AID PLAN FOR Anaphylaxis

#### 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 for insect allergy

#### ACTION FOR MILD TO MODERATE ALLERGIC REACTION
- For insect allergy - flick out sting if visible
- For tick allergy seek medical help or freeze tick and let it drop off
- Stay with person, call for help and locate adrenaline autoinjector
- Phone family/emergency contact

### ACTION FOR ANAPHYLAXIS

1. **LAY PERSON FLAT** - do NOT allow them to stand or walk
   - If unconscious or pregnant, place in recovery position
     - on left side if pregnant, as shown below
   - If breathing is difficult allow them to sit with legs outstretched
   - Hold young children flat, not upright

2. **GIVE ADRENALINE AUTOINJECTOR**
3. Phone ambulance - 000 (AU) or 111 (NZ)
4. Phone family/emergency contact
5. Further adrenaline may be given if no response after 5 minutes
6. Transfer person to hospital for at least 4 hours of observation

**IF IN DOUBT GIVE ADRENALINE AUTOINJECTOR**
Commence CPR at any time if person is unresponsive and not breathing normally

### 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.

**Note:** If adrenaline is accidentally injected (e.g. into a thumb) phone your local poisons information centre. Continue to follow this first aid plan for the person with the allergic reaction.

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