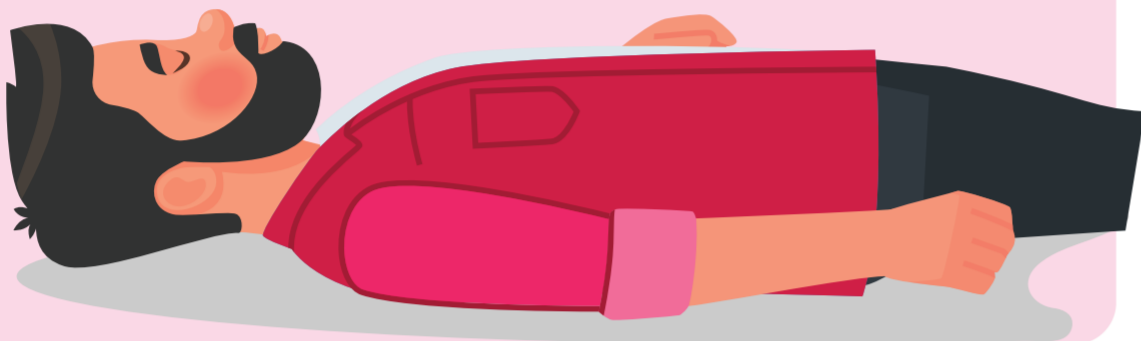


ANAPHYLAXIS

How to use an EpiPen

STEP
01

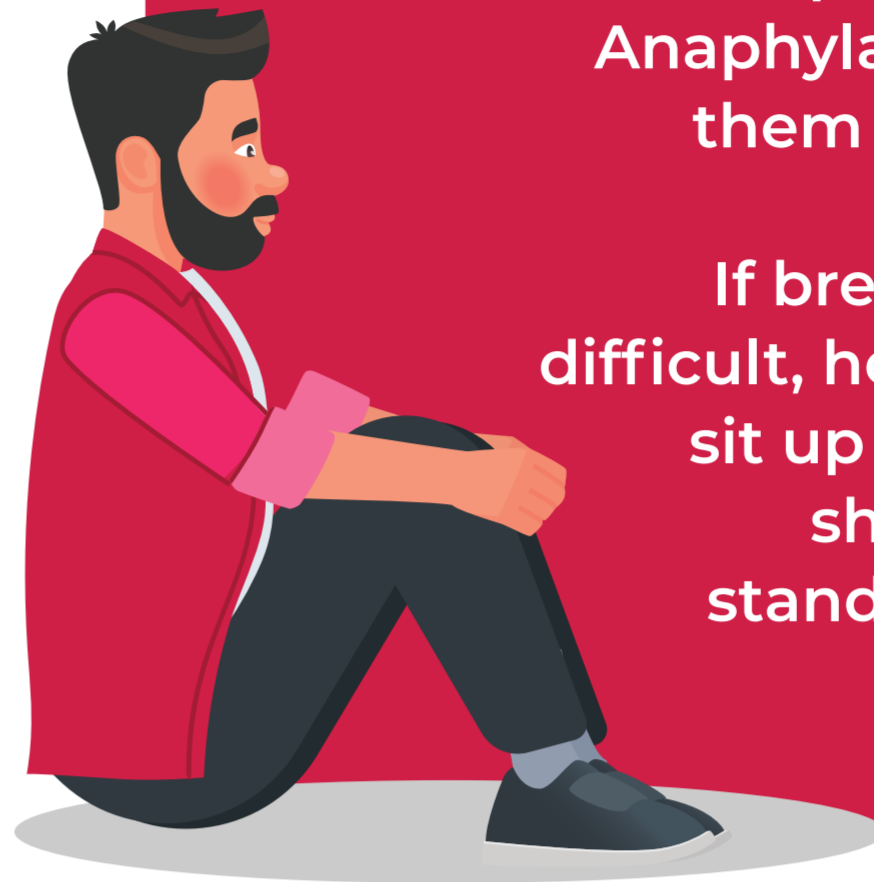
Lay person flat,
keep them calm.



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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