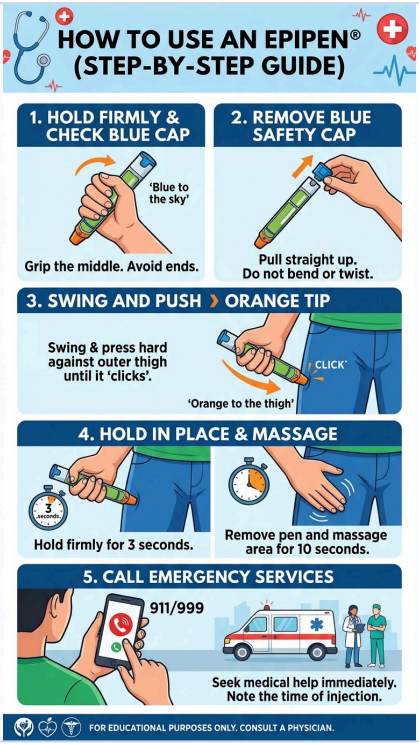
HOW TO USE AN EPIPEN®

Emergency Anaphylaxis Auto-Injector Response Guide

ACT FAST
CALL 911 / 999

BLUE TO THE SKY | ORANGE TO THE THIGH



1 Form a Firm Fist

Grasp the EpiPen in your dominant hand with your fist around the center. Ensure the orange tip points down and blue cap points up. Never place thumb or fingers over either end.

2 Remove Safety Release

Pull the blue safety cap straight up and off with your other hand. Do not bend, twist, or push the safety cap back on once removed.

3 Swing and Push

Position orange tip against the outer mid-thigh (can inject through clothing if needed). Swing and push firmly at a 90° angle until it clicks.

4 Hold 3s & Massage

Hold firmly in place for a full 3 seconds. Remove auto-injector and massage the injection site for 10 seconds to aid medication absorption.

Critical Action	Instructions & Safety Warnings
Call Emergency Services	Immediately call 911/999 or transport the patient to the nearest emergency department, even if symptoms begin to improve.
Position the Person	Keep the patient lying flat with legs raised. If breathing is difficult, allow them to remain seated. Do not stand up.
Second Dose Warning	If symptoms persist or return after 5 to 15 minutes, administer a second EpiPen® auto-injector in the opposite thigh.
Post-Injection Care	Hand over the used auto-injector to paramedic staff or emergency medical professionals for safe disposal.