EpiPen instructions

Remember;
Blue to the sky,
Orange to the thigh

How should my EpiPen be used?

1. Lie person flat with legs raised

   (If breathing is difficult, allow person to sit)

2. Remove the Blue safety cap.

   Position the Orange tip against the outer mid-thigh

3. Jab the Orange tip into the outer thigh, listen for a click

   Hold firmly in place for 3 seconds & then remove**

4. Dial 999, ask for an ambulance

   Say “anaphylaxis” (anna-fill-axis)

**If there is no improvement is symptoms after 5 minutes – use second EpiPen

My EpiPens are kept:

Resource: epipen.co.uk