

EpiPen Use

Step one: Take the Blue safety cap off but keep it upright. (Orange to the thigh and Blue to the sky).

Step two: Keeping your hands/fingers away from the Orange end, hold the pen about 10cm or so over the thigh. (Over clothing).

Step three: Jab the EpiPen into the thigh. Hold in for at least 3 seconds for the adrenaline to be released. The Orange safety piece will retract automatically making a clicking a sound. *(Some people may need more dosages of adrenaline, so will be given more than one pen so always check their bags to see if they have more than one EpiPen. If this is the case, and the first dose fails to help, then administer the second dose in the other thigh).*

Step four: Dial 999, ask for an ambulance. Advise how many doses of adrenaline you have administered and say the word 'anaphylaxis'.



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