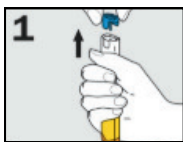
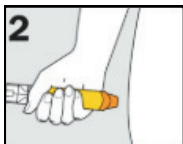


## How to give adrenaline (epinephrine) injectors

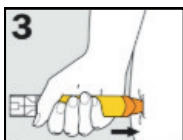
### EpiPen®



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



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



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

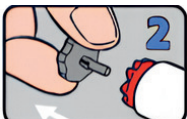
#### EpiPen® is prescribed as follows:

EpiPen® Jr (150 mcg) for children 7.5-20kg  
EpiPen® (300 mcg) for children over 20kg and adults

### Anapen®



PULL OFF **BLACK** NEEDLE SHIELD



PULL OFF **GREY** SAFETY CAP from red button



PLACE NEEDLE END **FIRMLY** against outer mid-thigh at 90° angle (with or without clothing)



PRESS **RED** BUTTON so it clicks and hold for 3 seconds. REMOVE Anapen®

#### Anapen® is prescribed as follows:

Anapen® 300 for children over 20kg and adults (to cease 09/2024)  
Anapen® 500 for children and adults over 50kg

# Anaphylaxis

## SIGNS & SYMPTOMS

### Symptoms are highly variable.

Maybe one or more of the following:

- Difficulty talking/hoarse voice.
- Wheeze or persistent cough.
- Pale and floppy (in young children).
- Abdominal pain and vomiting.
- Hives, welts and body redness.
- Signs of envenomation.
- Difficulty/noisy breathing.
- Swelling of face and tongue.
- Swelling/tightness in the throat.
- Persistent dizziness.
- Loss of consciousness/collapse.

## HAZARD = TRIGGERS

- Certain foods.
- Insect stings.
- Tick bites.
- Certain medications.
- Latex.
- Exercise etc.

## RISK = LIFE-THREATENING

- Airway
- Breathing
- Circulatory problems.
- Unconscious.
- Cardiac arrest.

## ACTIONS FOR ANAPHYLAXIS

### Immediate Actions:

- Immediately get someone else to call 000.
- Retrieve the individual's action plan and autoinjector(s).

### Allergen Removal

- Remove Allergens: Flick out stings. Do not remove ticks; kill them using permethrin cream or ether-containing spray.

### Do Not Stand or Walk: Lay the person flat.

- If unconscious or pregnant, place in the recovery position (left side if pregnant).
- If breathing is difficult, allow sitting with legs outstretched.
- Hold young children flat, not upright.



### Administer Adrenaline:

- Follow the instructions for the correct size autoinjector/s.
- Inject the autoinjector immediately.
- If no response after 5 minutes, administer another dose.
- If in doubt give the adrenaline injector

### If Breathing Stops:

- Begin CPR if the person is unresponsive
- Oxygen or Asthma Medication: Provide if required.

## Ensure Safety for Self and Others

**FOLLOW ASCIA ACTION PLAN** or **FIRST AID PLAN** or these steps.

### REMOVE ALLERGEN

Or move away, to prevent further exposure.

### LAY THE CASUALTY FLAT

If breathing is difficult, allow to sit, but keep still.

### USE AUTOINJECTOR

Check contents and follow label instructions.

## Call the Ambulance on Triple Zero (000)

### MONITOR CLOSELY

Give another dose if condition doesn't improve after 5 minutes.