

How to Use an EpiPen



1. Call 911
 - ✓ Epinephrine only lasts about 20 minutes
2. Form a fist around the EpiPen.
 - ✓ The black tip will face down.
 - ✓ Do not touch the black tip with your fingers, thumb or hand.
3. Pull off the grey safety cap.
4. Place the black tip against the outer thigh.
 - ✓ You do not need to remove clothing first.
5. Quickly push the EpiPen firmly against the thigh.
 - ✓ This will release a dose of epinephrine.
6. Hold the EpiPen in place for a count of 10.
7. Remove the EpiPen from the thigh and massage the area for several seconds.
8. Check the black tip. If the needle is exposed, the dose was received.
 - ✓ If not, repeat the steps
9. Carefully put the unit back into the carrying tube.
 - ✓ Recap the tube, not the injector.
10. Give the EpiPen to EMS/ER personnel.

- ◆ Store in a dark place at room temperature.
- ◆ Do not expose to extreme cold or heat
- ◆ Pay attention to the expiration date
- ◆ Always carry the instructions with the EpiPen. That way, if you are incapacitated and someone else has to administer it, they'll know how.
- ◆ Consider wearing a medical ID bracelet to inform others of your allergies and what to do in an emergency.

