**How to give EpiPen® or EpiPen® Jr**

1. Form fist around EpiPen® and **PULL OFF** grey cap.
2. Place black end against outer mid-thigh (with or without clothing).
3. Push down **HARD** until a click is heard or felt and hold in place for 10 seconds.
4. Remove EpiPen® and be careful not to touch the needle. Massage the injection site for 10 seconds.

**ACTION PLAN FOR**

**Anaphylaxis**

**Name:** 

**Date of birth:** 

**Allergens to be avoided:** 

**Family/carer name(s):** 

**Work Ph:** 

**Home Ph:** 

**Mobile Ph:** 

**Plan prepared by:** 

Dr 

**Signed** 

**Date** 

---

**MILD TO MODERATE ALLERGIC REACTION**

- swelling of lips, face, eyes
- hives or welts
- tingling mouth, abdominal pain, vomiting

**ACTION**

- stay with person and call for help
- give medications (if prescribed) ...........................................
- locate EpiPen® or EpiPen® Jr
- contact family/carer

**Watch for any one of the following signs of Anaphylaxis**

---

**ANAPHYLAXIS (SEVERE ALLERGIC REACTION)**

- difficult/noisy breathing
- swelling of tongue
- swelling/tightness in throat
- difficulty talking and/or hoarse voice
- wheeze or persistent cough
- loss of consciousness and/or collapse
- pale and floppy (young children)

**ACTION**

1. **Give EpiPen® or EpiPen® Jr**
2. **Call ambulance*** - telephone 000 (Aus) or 111 (NZ)
3. **Lay person flat and elevate legs. If breathing is difficult, allow to sit but do not stand**
4. **Contact family/carer**
5. **Further EpiPen® doses may be given if no response after 5 minutes**

**If in doubt, give EpiPen® or EpiPen® Jr**

*Medical observation in hospital for at least 4 hours is recommended after anaphylaxis.

---

**Additional information**

---

© ASCIA 2008. This plan was developed by ASCIA
www.allergy.org.au