

# How to Use an Epinephrine Auto-Injector

1.

## BLUE TO THE SKY.

- Grasp the EpiPen with the orange tip pointing downward.
- Remove the blue safety cap by pulling it straight up - do not bend or twist the blue cap.



2.

## ORANGE TO THE THIGH.

- Place the orange tip against the middle of the outer thigh
- Swing and push the auto-injector firmly into the thigh until it "clicks"
- Hold firmly in place for three seconds - count slowly, "1,2,3"



3.

## CALL 911. OR GO TO THE EMERGENCY ROOM IMMEDIATELY.



## Do not inject more than 2 injections right after each other.

- You can inject another dose of EpiPen 5 to 15 minutes after the first injection if you or your child do not feel better or get worse.
- Too much epinephrine can be harmful to the body. Signs of overdose include irregular heartbeat and difficulty breathing.

## After getting medical help:

- Remember to ask for a new EpiPen from the hospital.
- Stay close to a hospital or phone to call 911 for the next 48 hours.

Video QR code and link:



<https://youtu.be/uBvdO9a9NTQ>