

# Anaphylaxis First Aid

with an **EpiPen**



## STEP 1

Lay person flat.  
Make a fist around EpiPen.  
Pull off BLUE cap.



## STEP 2

Place **ORANGE** end on mid outer thigh (with or without clothing).  
Push against thigh until you hear and feel a click.  
Hold in position for 10 seconds.



## STEP 3

Remove EpiPen.  
Massage injection site for 10 seconds.  
Elevate legs.



## STEP 4

**Call 000.**  
If breathing is difficult,  
sit up at 45°.



This is only a general and abridged guide to how to administer an EpiPen. Anyone who administers an EpiPen device should be familiar with the student's anaphylaxis record and follow the protocol as prescribed by a doctor on the student's ASCIA Action Plan for Anaphylaxis.

Free help & advice  
**1800 278 462**



**Asthma** Foundation of Tasmania