FORM PROVIDED COURTESY OF Literacy First Charter Schools & FOOD ALLERGY RESEARCH & EDUCATION (FARE) 5/2018

PICTURE
NOTE: Do not depend on antihistamines or inhalers (bronchodilators) to treat a severe reaction. USE EPINEPHRENE.

FOR ANY OF THE FOLLOWING:

<table>
<thead>
<tr>
<th>SEVERE SYMPTOMS</th>
<th>MILD SYMPTOMS</th>
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</thead>
<tbody>
<tr>
<td>LUNG</td>
<td>NOSE</td>
</tr>
<tr>
<td>Shortness of breath, wheezing, repetitive cough</td>
<td>Itchy or runny nose, sneezing</td>
</tr>
<tr>
<td>HEART</td>
<td>MOUTH</td>
</tr>
<tr>
<td>Pale or bluish skin, faintness, weak pulse, dizziness</td>
<td>Itchy mouth</td>
</tr>
<tr>
<td>THROAT</td>
<td>SKIN</td>
</tr>
<tr>
<td>Tight or hoarse throat, trouble breathing or swallowing</td>
<td>A few hives, mild itch</td>
</tr>
<tr>
<td>SKIN</td>
<td>GUT</td>
</tr>
<tr>
<td>Many hives over body, widespread redness</td>
<td>Mild nausea or discomfort</td>
</tr>
<tr>
<td>GUT</td>
<td>OTHER</td>
</tr>
<tr>
<td>Repetitive vomiting, severe diarrhea</td>
<td>Feeling something bad is about to happen, anxiety, confusion</td>
</tr>
<tr>
<td>OTHER</td>
<td>OR A COMBINATION of symptoms from different body areas</td>
</tr>
</tbody>
</table>

1. **INJECT EPINEPHRINE IMMEDIATELY.**

2. **Call 911.** Tell emergency dispatcher the person is having anaphylaxis and may need epinephrine when emergency responders arrive.
   - Consider giving additional medications following epinephrine:
     - Anti-histamine
     - Inhaler (bronchodilator) if wheezing
   - Lay the person flat, raise legs and keep warm. If breathing is difficult or they are vomiting, let them sit up or lie on their side.
   - If symptoms do not improve, or symptoms return, more doses of epinephrine can be given about 5 minutes or more after the last dose.
   - Alert emergency contacts.
   - Transport patient to ER, even if symptoms resolve. Patient should remain in ER for at least 4 hours because symptoms may return.

### MEDICATIONS/DOSES

**Epinephrine Brand or Generic:**

<table>
<thead>
<tr>
<th>Epinephrine Dose</th>
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<tbody>
<tr>
<td>0.1 mg IM</td>
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**Antihistamine Brand or Generic:**

<table>
<thead>
<tr>
<th>Antihistamine Dose</th>
</tr>
</thead>
</table>

Other (e.g., inhaler-bronchodilator if wheezing):
HOW TO USE AUVI-Q® (EPINEPHRINE INJECTION, USP), KALEO
1. Remove Auvi-Q from the outer case.
2. Pull off red safety guard.
3. Place black end of Auvi-Q against the middle of the outer thigh.
4. Press firmly until you hear a click and hiss sound, and hold in place for 2 seconds.
5. Call 911 and get emergency medical help right away.

HOW TO USE EPIPEN® AND EPIPEN JR® (EPINEPHRINE) AUTO-INJECTOR AND EPINEPHRINE INJECTION (AUTHORIZED GENERIC OF EPIPEN®), USP AUTO-INJECTOR, MYLAN AUTO-INJECTOR, MYLAN
1. Remove the EpiPen® or EpiPen Jr® Auto-Injector from the clear carrier tube.
2. Grasp the auto-injector in your fist with the orange tip (needle end) pointing downward.
3. With your other hand, remove the blue safety release by pulling straight up.
4. Swing and push the auto-injector firmly into the middle of the outer thigh until it ‘clicks’.
5. Hold firmly in place for 3 seconds (count slowly 1, 2, 3).
6. Remove and massage the injection area for 10 seconds.
7. Call 911 and get emergency medical help right away.

HOW TO USE IMPAX EPINEPHRINE INJECTION (AUTHORIZED GENERIC OF ADRENACLICK®), USP AUTO-INJECTOR, IMPAX LABORATORIES
1. Remove epinephrine auto-injector from its protective carrying case.
2. Pull off both blue end caps: you will now see a red tip.
3. Grasp the auto-injector in your fist with the red tip pointing downward.
4. Put the red tip against the middle of the outer thigh at a 90-degree angle, perpendicular to the thigh.
5. Press down hard and hold firmly against the thigh for approximately 10 seconds.
6. Remove and massage the area for 10 seconds.
7. Call 911 and get emergency medical help right away.

HOW TO USE TEVA’S GENERIC EPIPEN® (EPINEPHRINE INJECTION, USP) AUTO-INJECTOR, TEVA PHARMACEUTICAL INDUSTRIES
1. Quickly twist the yellow or green cap off of the auto-injector in the direction of the “twist arrow” to remove it.
2. Grasp the auto-injector in your fist with the orange tip (needle end) pointing downward.
3. With your other hand, pull off the blue safety release.
4. Place the orange tip against the middle of the outer thigh (upper leg) at a right angle (perpendicular) to the thigh.
5. Swing and push the auto-injector firmly into the middle of the outer thigh until it ‘clicks’.
6. Hold firmly in place for 3 seconds (count slowly 1, 2, 3).
7. Remove and massage the injection area for 10 seconds.
8. Call 911 and get emergency medical help right away.

ADMINISTRATION AND SAFETY INFORMATION FOR ALL AUTO-INJECTORS:
1. Do not put your thumb, fingers or hand over the tip of the auto-injector or inject into any body part other than mid-outer thigh. In case of accidental injection, go immediately to the nearest emergency room.
2. If administering to a young child, hold their leg firmly in place before and during injection to prevent injuries.
3. Epinephrine can be injected through clothing if needed.
4. Call 911 immediately after injection.

OTHER DIRECTIONS/INFORMATION (may self-carry epinephrine, may self-administer epinephrine, etc.):

Treat the person before calling emergency contacts. The first signs of a reaction can be mild, but symptoms can worsen quickly.

<table>
<thead>
<tr>
<th>EMERGENCY CONTACTS — CALL 911</th>
<th>OTHER EMERGENCY CONTACTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>RESCUE SQUAD: ___________________________ PHONE: ___________</td>
<td>NAME/RELATIONSHIP: ___________________________ PHONE: ___________</td>
</tr>
<tr>
<td>DOCTOR: ___________________________ PHONE: ___________</td>
<td>NAME/RELATIONSHIP: ___________________________ PHONE: ___________</td>
</tr>
<tr>
<td>PARENT/GUARDIAN: ___________________________ PHONE: ___________</td>
<td>NAME/RELATIONSHIP: ___________________________ PHONE: ___________</td>
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