

The 5 Emergency Steps

**Step
1**

Give epinephrine (e.g. EpiPen®) at the first signs of an allergic reaction.

**Step
2**

Call 9-1-1 or your local emergency medical services and tell them that someone is having an anaphylactic reaction.

**Step
3**

Give a second dose of epinephrine as early as 5 minutes after the first dose if there is no improvement in symptoms.

**Step
4**

Go to the nearest hospital right away (ideally by ambulance), even if symptoms are mild or have stopped. The reaction could get worse or come back.

**Step
5**

Call emergency contact persons (e.g., parent, guardian, spouse).

Body Position

Keep in mind the following body positions while giving epinephrine and waiting for emergency care to arrive.

- Place the person on their back with their legs raised.
- If the person is vomiting, place them on their side so that their airway is clear and they do not choke on vomit.
- Remember: standing suddenly can lead to severe complications, even death.