

Emergency Treatment of Anaphylaxis

The 5 Emergency Steps

1. Give epinephrine (e.g. EpiPen®) at the first signs of an allergic reaction.
2. Call 9-1-1 or your local emergency medical services and tell them that someone is having an anaphylactic reaction.
3. Give a second dose of epinephrine as early as 5 minutes after the first dose if there is no improvement in symptoms.
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.
5. Call emergency contact persons (e.g., parent, guardian, spouse).