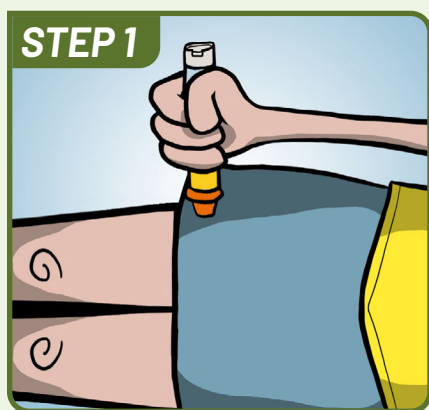


# 5 emergency steps for treating anaphylaxis

If an **anaphylactic reaction** happens, follow these steps:



**STEP 1**

Give an **epinephrine auto-injector** (e.g., EpiPen®) right away. Follow the instructions on the device.



**STEP 2**

Call **9-1-1** or your local EMS immediately and tell them someone is having an anaphylactic reaction.



**STEP 3**

Use a **second auto-injector** as early as 5 minutes after giving 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** person (e.g., parent, guardian, spouse).



*The allergic reaction is the reason for going to the hospital, not because epinephrine has been used.*

**KNOW IT.  
TREAT IT.**  
anaphylaxis

This resource is part of the Know it. Treat it. initiative to empower Canadians and take the fear out of anaphylaxis.

[foodallergycanada.ca/TreatIt](http://foodallergycanada.ca/TreatIt)

# Be familiar with body positions

Whether you are by yourself or helping someone else, here are different body positions to consider when giving epinephrine and afterwards.

## When giving epinephrine

Have the person **sit or lie down**. If having trouble breathing, they may prefer to sit.



With a child, you may find it helps to **support or brace their leg** to reduce movement before giving the epinephrine auto-injector.

## After giving epinephrine

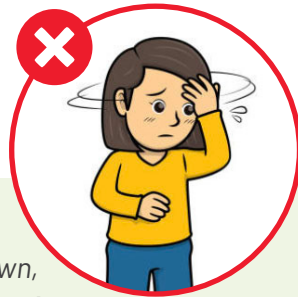
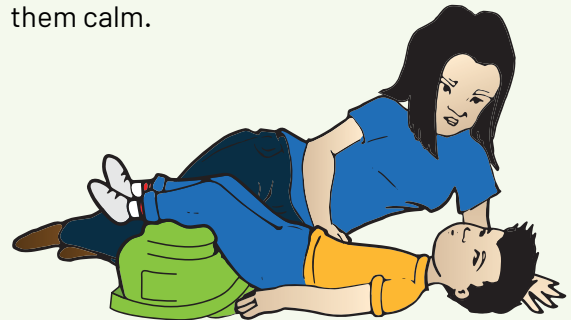
**Place them on their back** (if not already lying down) and raise their legs. They may prefer to stay sitting up if breathing is difficult.



If the person feels sick or is vomiting, **place them on their side**. If unconscious, they should also be placed on their side.



After giving epinephrine, it may be helpful to **lie down with a young child** to keep them calm.



### ! During a reaction...

If the person is lying down, **do not have them sit up or stand suddenly** during an anaphylactic reaction, even after receiving epinephrine.

**Sudden changes of position can be life-threatening.**