

5 emergency steps for treating anaphylaxis

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



Image courtesy of Kids' CAP

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



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



Image courtesy of Kids' CAP

Use a **second auto-injector** as early as 5 minutes after giving the first dose if there is no improvement in symptoms.



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.



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

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

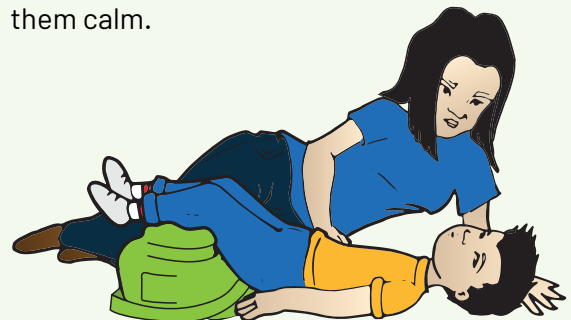
Place them on their back (if not already lying down) and raise their legs. They may prefer to stay sitting up if breathing is difficult.



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.