

The 5 Emergency Steps

Step 1

Give epinephrine (e.g. EpiPen®) at the first sign of a known or suspected anaphylactic 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.

- When giving epinephrine, have the person sit or lie down, depending on the symptoms.
- Once it has been given, place the person on their back (if they are not already lying down) with their legs raised. Someone who is having difficulty breathing should be kept sitting up or in a position of comfort.
- If the person feels sick or is vomiting, place them on their side so that their airway is clear and they do not choke on vomit. An unconscious person should also be placed on their side.

Remember: standing suddenly can lead to severe complications, even death.