Emergency Treatment of Anaphylaxis

The 5 Emergency Steps

**Step 1**
Give epinephrine (e.g. EpiPen®, ALLERJECT®) 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.

- 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.