

The 5 Emergency Steps

Step 1

Give epinephrine (e.g. EpiPen®, ALLERJECT®, Emerade™) at the first sign of a known or suspected anaphylactic reaction.

Step 2

Call 9-1-1 or local emergency medical services and tell them that someone is having a life-threatening allergic 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 person (e.g. parent, guardian, spouse).

Body Position

There are different body positions to consider:

- When giving epinephrine, have the person sit or lie down.
- After giving epinephrine, place the person on their back (if not already lying down) with their legs raised. If the person has trouble breathing, they may prefer to stay sitting up. If they feel sick or are vomiting, place them on their side.

Important: do not have them sit up or stand suddenly during an anaphylactic reaction, even after receiving epinephrine. Sudden changes of position can lead to severe complications, even death.