



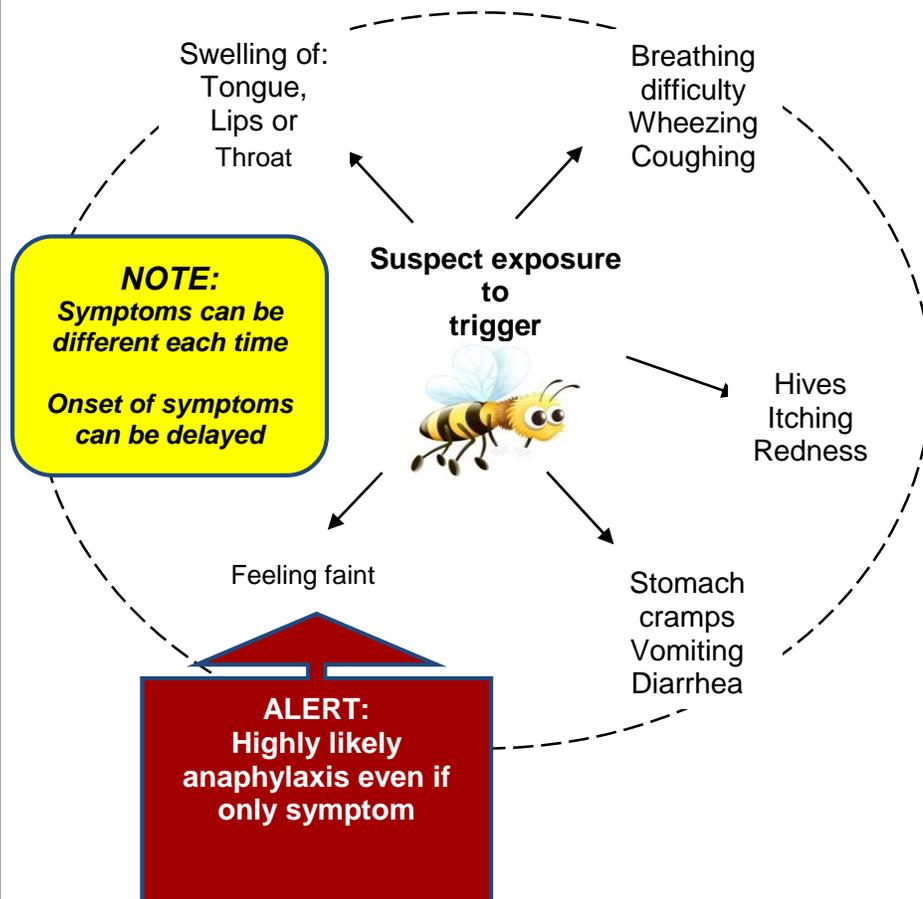
## ANAPHYLAXIS MANAGEMENT TOOL KIT\*

- ✓ Have an emergency action plan and share it with the people in your life
- ✓ Avoid known trigger(s)
- ✓ Know the symptoms of anaphylaxis
- ✓ Always carry epinephrine auto injector(s)
  - Know how to inject it
  - Make sure auto injector(s) in date
- ✓ Follow-up with an allergy specialist to confirm suspected trigger(s) or identify other potential trigger(s).
- ✓ Wear identification jewelry



### ANAPHYLACTIC REACTION?

Highly likely if contact with trigger and symptoms from 2 or more of the following groups,



If at all suspicious

**GIVE  
EPINEPHRINE  
IMMEDIATELY**



**Lay on back or  
side and wait for  
help**



## DID YOU KNOW?

- ▶ Antihistamines (e.g. Benadryl, Reactine) will not stop anaphylaxis.
- ▶ Epinephrine auto injectors are available in 2 doses:
  - 0.15 mg for children weighing up to 55 lbs (25 kg)
  - 0.3 mg for people weighing greater than 55 lbs (25 kg)
- ▶ EpiPen is the only auto injector currently available in Canada. It is essential to be familiar with the step by step instructions that are provided.
- ▶ The auto injector is given into the outer thigh muscle; can be given through clothing
- ▶ The auto injector should be pulled straight out of the thigh, not at an angle.
- ▶ One injection is enough in most people, **but....**
  - In some people, symptoms may return before medical help arrives requiring an additional injection (repeat within 5 to 15 minutes).
  - Carrying two auto injectors may be desirable depending on your circumstances (e.g. long distance from emergency help, established need for dose greater than 0.3 mg).
- ▶ After immediate medical attention, it is also important to stay close to a hospital or clinic or where 911 can be called for the **48 hours after** the injection.
- ▶ After use, auto injectors should be brought to the hospital for inspection and disposal. They can also be returned to your local pharmacy for disposal.
- ▶ Check out these helpful websites: <http://csaci.ca/>  
<https://www.niaid.nih.gov/sites/default/files/faguidelinespatient.pdf>

