

# Severe Allergic Reactions

## How to use an epinephrine auto-injector

### When to use an epinephrine auto-injector

Use when a person has anaphylaxis – a severe allergic reaction that can be life-threatening.

The air passages may swell, making breathing difficult.

Anaphylaxis can be caused by insect stings, food, medications, or other allergens.



### How to help a person use an epinephrine auto-injector



1. Call EMS/9-1-1
2. Remove the safety cap.



3. Firmly push the tip of the epinephrine auto-injector against the outer thigh. A click should be heard. Hold in place for 5 to 10 seconds.



4. Rub the injection site for 30 seconds.
5. If the person's condition does not improve within 5 minutes, repeat the dose.

The information in this poster does not replace formal First Aid & CPR training.

Contact us to find a Red Cross First Aid course in your area and download our free First Aid app:

[myrc.redcross.ca](http://myrc.redcross.ca) | 1.877.356.3226 | [redcross.ca/apps](http://redcross.ca/apps)

