

Severe Allergic Reactions

How to use an epinephrine auto-injector

When to use an epinephrine auto-injector

- Epinephrine auto-injectors are used when a person has anaphylaxis, which is a severe allergic reaction.
- 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

- Help the person to remove the safety cap. (1)
- Tell the person to place the injection tip against the outer thigh and push it firmly against the thigh until you hear a click. (2)
- Hold for 10 seconds. (2)
- Call EMS/9-1-1.



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

To find a Red Cross First Aid course in your area scan the QR code, or:

redcross.ca/firstaid | 1.877.356.3226



**CANADIAN
RED CROSS**