

Epinephrine Injection

The quick, easy-to-use shot that could save lives.

WHAT Is Epinephrine?

It treats severe or life-threatening allergic reactions known as anaphylaxis. Anaphylaxis can occur after exposure to allergens such as:

- Food (like milk, eggs, shellfish & peanuts)
- Insect stings
- Latex
- Medications (like penicillin)

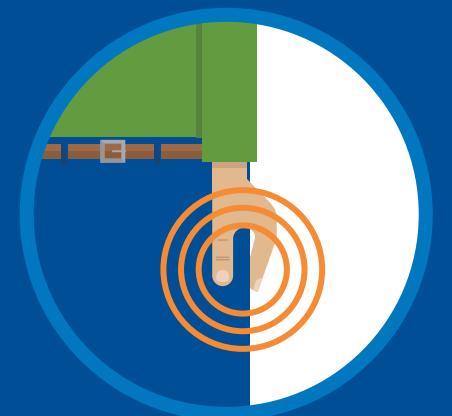
WHEN to Use an Epinephrine Injection

During severe allergic symptoms including:

- Difficulty swallowing or drooling because you can't swallow
- Difficulty breathing, chest pains or tightness
- Persistent vomiting
- Persistent diarrhea

HOW to Use an Epinephrine Injector*

- 1** Grip the epinephrine pen firmly and remove safety cap.
- 2** Swing and push the pen into the middle of the outer thigh at a 90° angle.
- 3** Keep the pen pressed firmly against the thigh for 10 seconds.
- 4** Remove pen and massage the injection area.



*Always follow the manufacturer's instructions for the specific injector you are using.

After Use

- Get emergency medical help right away
- Make sure a second injection is nearby; if symptoms continue or come back within 10–15 minutes, you may need another dose
- Take (or give your child) an antihistamine

Types of Epinephrine

Common brands include:

- EpiPen® Auto-Injector
- Adrenaclick® Auto-Injector
- EpiPen® Jr. Auto-Injector
- Auvi-Q™ Auto-Injector

TIPS

- Carry it with you at all times
- Carry an extra dose for severe reactions
- You can inject through your clothing

Learn more about epinephrine injection at:
njhealth.org/epinephrine



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