

Skill Sheet 5-2

Assisting with an Epinephrine Auto Injector

Note: The instructions for assisting a person with an epinephrine auto injector found on this skill sheet should not be substituted for those given by the manufacturer and the person's healthcare provider.

Note: You may assist a person with using an epinephrine auto injector when the person has a previous diagnosis of anaphylaxis and has been prescribed an epinephrine auto injector; the person is having signs and symptoms of anaphylaxis; the person requests your help using an auto injector; and your state laws permit giving assistance.

HAVE SOMEONE CALL 911 OR CALL YOURSELF AFTER ADMINISTERING EPIPEN

1. Check the label on the auto injector. If the medication is visible, check to make sure the medication is clear, not cloudy.

- If the medication is expired or cloudy, do not use it.



2. Determine whether the person has already given him- or herself a dose of the medication. If the person has, help him or her administer a second dose only if emergency responders are delayed and the person is still having signs and symptoms of anaphylaxis 5 to 10 minutes after administering the first dose.

3. Have the person locate the outer middle of one thigh to use as the injection site.

- Make sure there is nothing in the way, such as seams or items in a pocket.



4. Grasp the auto injector firmly in one fist and pull off the safety cap with the other hand.



(Continued)

Skill Sheet 5-2

Assisting with an Epinephrine Auto Injector continued

5. Have the person hold the tip of the auto injector (the end with the needle) against his or her outer thigh so that the auto injector is at a 90-degree angle to the thigh.

6. Have the person quickly and firmly push the tip straight into his or her outer thigh. You may hear a click. Have the person hold the auto injector firmly in place for the recommended amount of time.



7. Have the person remove the auto injector from his or her thigh. Massage the injection site for several seconds (or have the person massage the site).



8. Check the person's condition and watch to see how he or she responds to the medication.
 - If the person is still having signs and symptoms 5 to 10 minutes after administering the first dose and emergency responders have not arrived, help the person to administer a second dose.

9. Place the used auto injector in its plastic carrying case or another hard plastic container with the tip facing down. Give it to the emergency responders when they arrive.