AAIs (EpiPen) Use & Severe Allergy Response

Adrenaline Auto-Injector (AAI) Quick Reference Guide (for school staff)

If you suspect someone is experiencing anaphylaxis, you must take immediate action.

Before You Start:

- Stay calm, and act quickly
- Ask someone to call 999
- Get the patients' AAI (or a spare from school supplies)

Step 1: Remove Safety Cap

- Take the AAI out of its case
- Remove the safety cap(s)
- Keep fingers away from both ends

Step 2: Position the Device

- Hold the AAI firmly in your hand
- Place the tip against the mid-outer thigh. This can be done through clothing.

Step 3: Give the Injection

- Push firmly until you hear or feel a click
- Keep the device pressed in place
- Hold for 3 seconds (EpiPen) or 10 seconds (Jext)

Step 4: Remove and Massage

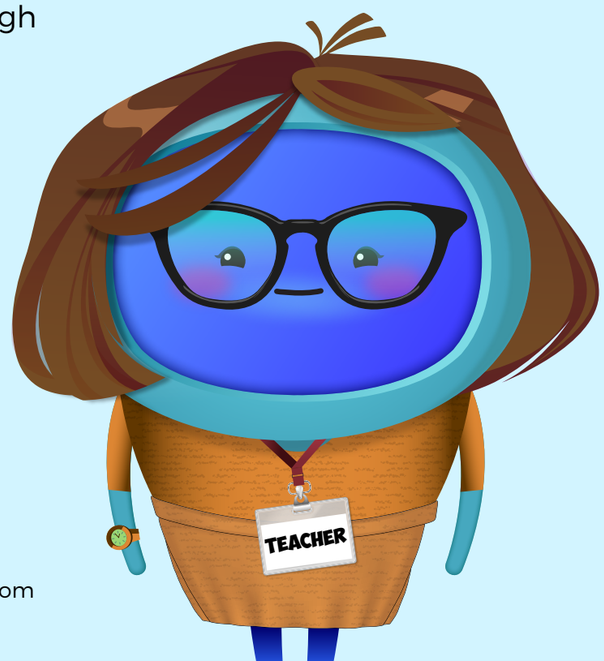
- Remove the AAI from the thigh
- Massage the area for around 10 seconds

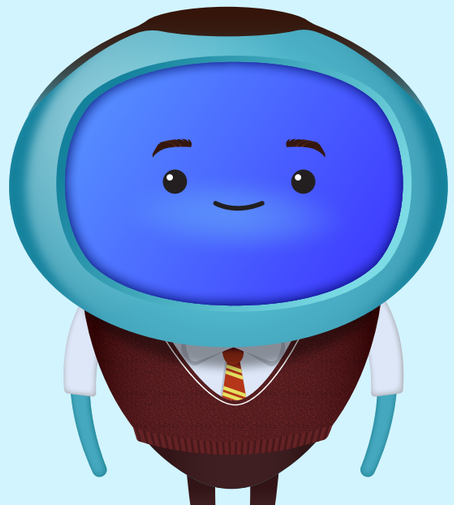
Step 5: After Use

- Note the time of injection
- Give the used AAI to paramedics
- Be ready to give a second dose after 5 minutes if needed

Important Points to Remember

- Always inject into the outer thigh, never into the arm, hand, or buttock
- Can be given through clothing
- Do not delay if symptoms are severe. If in doubt, use the AAI. Adrenaline is safe. Delay is dangerous.





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