

Administering an Adrenaline Auto-injector



If a child is displaying any one of the symptoms of anaphylaxis, you must act quickly. Lay the child down flat, wherever possible. Next, administer the adrenaline auto-injector without delay. This will most likely be an EpiPen or Jext adrenaline auto-injector.



FOR AN EPIPEN



Remove from its protective case if it has been provided in one and follow these steps. **Remember:** Blue to the sky, orange to the thigh.

- 1 Hold the EpiPen tightly and pull off the blue safety cap straight upwards.
- 2 Position the EpiPen horizontally, and hold the orange tip approximately 10 cm from their outer thigh.
- 3 Jab firmly into the outer thigh until you hear a click, and hold it in place for 3 seconds.
- 4 Remove the EpiPen. As you do, the orange tip will extend to cover the needle.

FOR A JEXT ADRENALINE AUTO-INJECTOR



Remove from its protective case if it has been provided in one and follow these steps.

- 1 Hold the Jext securely and pull off the yellow safety cap.
- 2 Position the Jext horizontally, with the black end against the outer thigh.
- 3 Whilst holding the Jext horizontally, push the black end firmly into the thigh until you hear a click, and hold it in place for 10 seconds.
- 4 Remove the Jext. As you do, the black tip will extend to cover the needle. Massage the injected area for 10 seconds.

After administering the adrenaline:

Raise the child's legs, where possible. If the child has difficulty breathing, you can support them to sit up at short intervals, instead. Always call 999 immediately after using the adrenaline auto-injector, and state 'anaphylaxis' when explaining the situation. Stay with the child until the ambulance arrives and do your best to keep them calm.



Each child should have two adrenaline auto-injectors. If there is no improvement after five minutes, you can administer the second adrenaline auto-injector into the outer thigh of the opposite leg if possible.

