

Instructions On When to Take Auto-Injectors

Epinephrine is used to treat severe allergic reactions (anaphylaxis). Reactions can be caused by food allergies or bee stings, latex or medication related.

Epinephrine auto-injectors are for the ACUTE MANAGEMENT of anaphylaxis.

Use your auto-injector for any **ONE OF THESE symptoms OR ANY COMBINATION** of the following symptoms (You do not have to wait for 2 systems):

For Food, Latex, Medication Allergies:

- Throat tightening
- Difficulty with breathing
- Wheezing, coughing, chest tightness
- Rapidly spreading welts/hives, severe flushing/ redness of skin (not a small local rash)
- Vomiting, diarrhea or severe abdominal pain immediately after ingestion of a known allergic trigger
- Dizziness/lightheadedness
- Loss of consciousness or collapse

For Venom Allergies:

- Same as above except:

***LARGE LOCAL REACTIONS AT STING SITE DO NOT REQUIRE EPINEPHERINE (no matter how large the local reaction).**

***Carry 2 auto-injectors.** If symptoms persist after 5-10 minutes, use the second auto-injector and continue to seek medical assistance*

*You do **NOT** need to go to the Emergency if you have taken your epinephrine autoinjector <1 hour from start of reaction AND:

- Your reaction is not severe and you are now stable (reaction better and not progressing)
- You did not require more than 1 dose of epinephrine
- You have immediate access to a 2nd in date epinephrine autoinjector
- You have not had a prior biphasic reaction
- You do not have cardiovascular disease or asthma (especially uncontrolled asthma)

*If you don't feel comfortable with managing anaphylaxis on your own or are worried just go to the ER!

- Please note: the most common cause of both biphasic reactions and death (which is rare) is **DELAYED** administration of epinephrine so if in doubt take your epinephrine!*

Helpful websites:

<https://allergyapparel.com/> - or google search Kozyepi

www.epipen.ca EpiPen info including expiry reminders + free EpiPen Waistpack

www.allerject.ca Allerject Auto-Injector

www.kingstonallergyandasthma.com Other links to allergy websites

www.FoodAllergyCanada.ca resource learning center