HOW TO USE YOUR EPINEPHRINE AUTO-INJECTOR

Epinephrine is the first-line treatment for anaphylaxis, a severe, potentially life-threatening allergic reaction. Knowing how and when to use your auto-injector can save a life, including your own.

WHEN TO USE IT

Use your epinephrine auto-injector right away if you notice signs of a severe allergic reaction, especially when they involve more than one body system, such as:

- Difficulty breathing, wheezing, or a tight throat
- Swelling of the face, lips, tongue, or throat
- Widespread hives combined with vomiting, dizziness, or a feeling that something is seriously wrong
- A sudden drop in energy, paleness, or fainting after a known exposure

When in doubt, use it. It is always safer to give epinephrine and be wrong than to wait too long during a true reaction.

HOW TO USE IT

- Remove the auto-injector from its case and take off the safety cap as shown on your specific device.
- Hold the injector firmly against the outer mid-thigh, through clothing if needed. Do not inject into any other part of the body.
- Press firmly and hold in place for the count specified on your device's instructions, usually several seconds.
- Remove the injector and gently massage the area for a few seconds.
- Note the time you gave the injection.

Your care team will show you and any caregivers exactly how your specific device works, since instructions can vary slightly between brands.

WHAT TO DO AFTER

- Call 911 immediately, every time, even if symptoms seem to improve right away. Reactions can come back after the epinephrine wears off.
- Lie down with legs raised if possible, unless breathing is difficult, in which case sit up in a comfortable position.
- If symptoms do not improve or worsen, a second dose may be needed. Follow the instructions your care team has given you.
- Go to the emergency department for monitoring, even after symptoms settle, because of the risk of a second wave of reaction.

AFTER THE EMERGENCY

- Follow up with your Lumara care team to review what happened, replace the used auto-injector, and update your allergy action plan.
- Make sure new caregivers, schools, or workplaces know how to recognize a reaction and use your auto-injector.

> *This handout is for general education and does not replace personalized medical advice from your Lumara care team.*