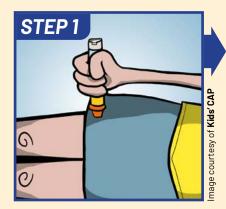
# Treat it.

### Severe allergic reactions (anaphylaxis)

#### About epinephrine

It is the first-line treatment for anaphylaxis. **Do not use antihistamines**, **like Benadryl**°, **as they do not reverse the symptoms of anaphylaxis.** Even if you're unsure about a reaction, **use the epinephrine auto-injector**. Epinephrine is safe and can save a life.

#### If an anaphylactic reaction happens, follow these **5 emergency steps**:



Give an **epinephrine auto-injector** (e.g. EpiPen®,
ALLERJECT®, Emerade™)
right away. Follow the
instructions on the device.



**Call 9-1-1** or your local EMS immediately and tell them a child is having an anaphylactic reaction.



Use a **second auto-injector** as early as 5 minutes after giving the first dose if there is no improvement in symptoms.



Go to the nearest **hospital** right away (ideally by ambulance), even if symptoms are mild or have stopped. The reaction could get worse or come back.



Call emergency contact person (e.g. parent).



The allergic reaction is the reason for going to the hospital, not because epinephrine has been used.

## Treat it.

Severe allergic reactions - body position is important

#### When giving epinephrine

Have a child **sit or lie down**. If having trouble breathing, they may prefer to sit.



You may find it helps to **support or brace their leg** to reduce movement before giving
the epinephrine auto-injector.

During a reaction...

If the child is lying
down, do not have them sit up
or stand suddenly during an anaphylactic
reaction, even after receiving epinephrine.

Sudden changes of position can be

#### After giving epinephrine

Place them on their back (if not already lying down) and raise their legs. They may prefer to stay sitting up if breathing is difficult.



If a child feels sick or is vomiting, **place them on their side**. If unconscious, they should also be placed on their side.



After giving epinephrine, it may be helpful to lie down with a young child to keep them calm.

Learn more at

life-threatening.

foodallergycanada.ca