

EPIPEN/MEDICAL ALERT TAG

If you have severe allergic reactions you should wear an emergency medical alert tag at all times. It could be a neck chain with medical alert tag or a bracelet. The warning should list severe allergies/medical conditions you may have.

Medical alert tags can be found in most pharmacies or can be ordered on line. The medical alert needs to have a permanent inscription of your pertinent medical information.

If you should need emergency medical care the information on the medical alert tag may be the information an emergency response care provider would need to be able to rapidly provide treatment that could save your life.

If you have anaphylactic allergic reactions you should carry an EpiPen at all times. Before travel be sure to check the expiration date on your EpiPen and if expired or soon to be expired replace it. You should also carry an antihistamine to take if you need to use the EpiPen. The EpiPen is immediate but short acting. Taking an antihistamine may help slow the allergic reaction, giving you more time to get to an emergency care facility. Discuss with family doctor what would be the best antihistamine for you to take if having a severe allergic reaction.

If you are carrying an EpiPen make sure your group leader and/or fellow travelers knows about the allergies you have and where you carry your EpiPen. You may want to talk to your group leader and/or fellow travelers to verify there is someone who would be able to administer the EpiPen to you in case of sudden severe allergic reaction where you would not be able to self administer.

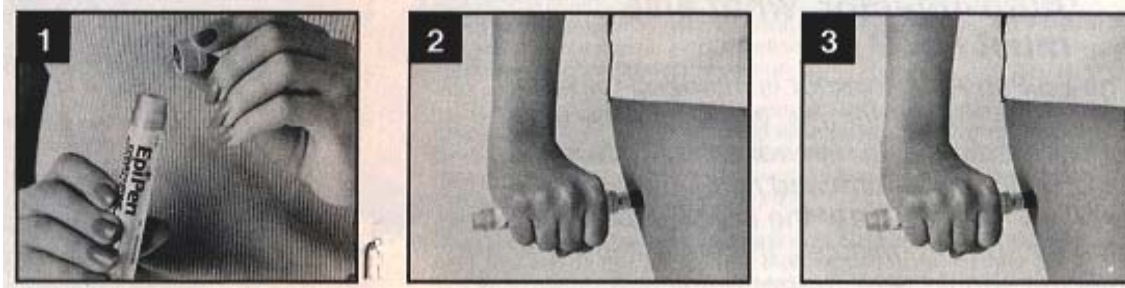
Just as important as carrying an EpiPen, is knowing how to use it so do review the instructions below. Print a copy of the instructions to carry with your EpiPen so anyone who might need to assist you has a quick, easy to follow instruction sheet.

Use of EPIPEN

Epinephrine Auto-Injector for allergic emergencies (Anaphylaxis)

Directions for Using

1. Remove the gray safety cap
2. Hold the EpiPen firmly with the black tip against the thigh (do not cover the end of the EpiPen with your thumb!!)
3. Apply moderate pressure and hold for several seconds. (Count to 10)
4. Discard the unit.
5. Obtain emergency medical assistance.



Can EpiPens be given through clothes?

EpiPens are best delivered on the skin, but if it is too difficult or awkward to remove the clothing, or if there is no time the EpiPen may be used directly through clothing.

After using the EpiPen, what else should be done?

The EpiPen is intended for emergency use only. After use, you should try to get further medical help immediately. At the same time, try to keep warm and avoid unnecessary exertion. The effects of the injection begin to wear off after 10 to 20 minutes; therefore, it is important that you seek further medical assistance. Make certain you tell the health care professionals who treat you have given yourself an injection of epinephrine.

Special tips and Precautions

- Remove the gray safety cap **ONLY** when you are ready to use the EpiPen, otherwise the unit could be activated prematurely.
- Never put your fingers over the black tip when removing the safety cap or after the safety cap has been removed.
- Epinephrine is stable at room temperature until the marked expiration date. EpiPen should not be refrigerated; refrigeration for extended period of time may cause the unit to malfunction.
- EpiPen should not be exposed to extreme heat, such as in the glove compartment or trunk of a car during the summer.
- Do not expose the EpiPen to direct sunlight; light and heat can cause epinephrine to oxidize and go bad, turning brown.