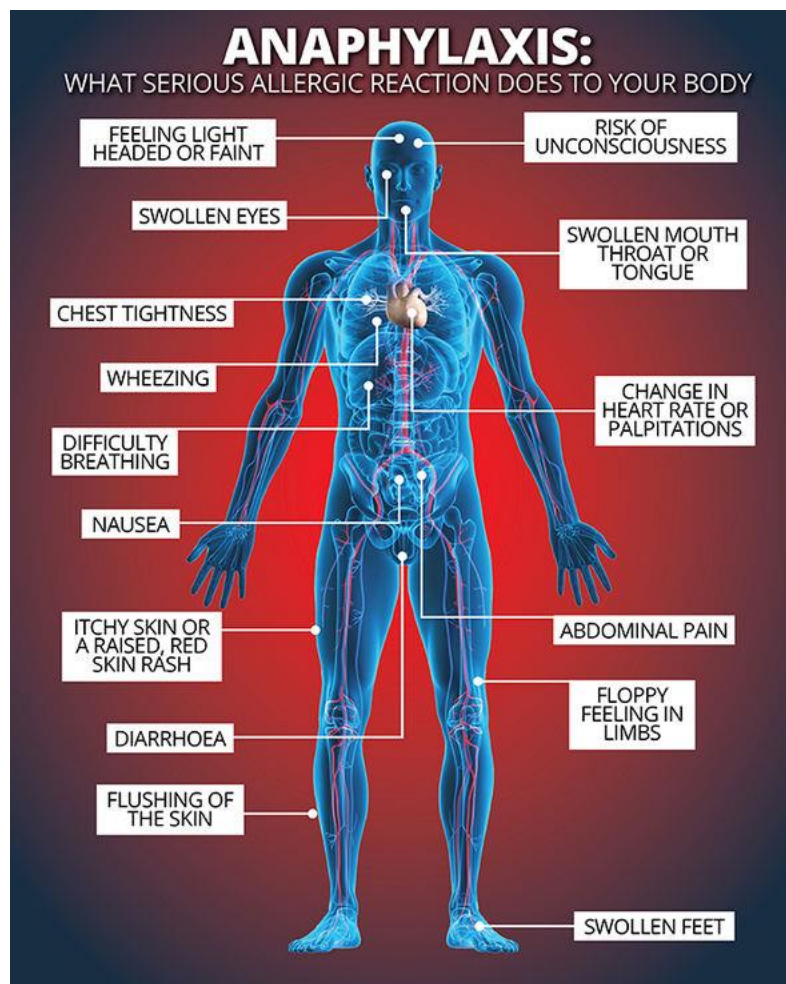


## COMMON ANAPHYLAXIS TRIGGERS



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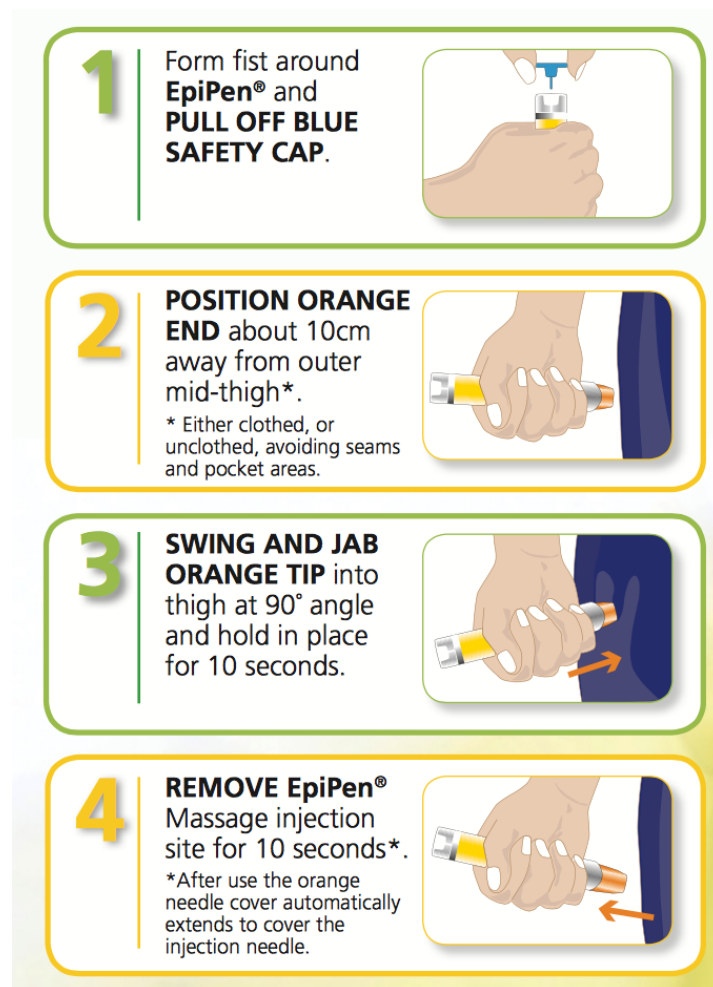


## REFRESHER ON ANAPHYLAXIS-

The pictures above show the common symptoms and triggers of severe allergic reactions known as anaphylaxis.

Remember if you are prescribed an adrenaline autoinjector such as EpiPen® and experience a quick or acute onset of any of these symptoms it is very important that you **ACT FAST**. You should administer your auto-injector at the early onset of symptoms rather than waiting for the more severe symptoms to appear.

The picture below gives a refresher as to how to administer an EpiPen® device correctly.



After administration 999 should be called and an emergency ambulance requested. If no improvement after 5 minutes a 2<sup>nd</sup> EpiPen® dose can be administered in the same way.