

Countermeasure for Anaphylaxis Using EpiPen®

1. If a person in possession of an EpiPen® (adrenaline self-injector) suffers from an anaphylaxis (severe allergic reaction), the person will inject the EpiPen for himself/herself. If you encountered such a situation during class or on campus, please provide the following support.

- (1) Depending on the progress of the symptoms, the EpiPen holder* may not be able to inject himself/herself. In such a case, you should administer the injection for the patient.
- (2) Although the symptoms will remarkably improve shortly after the EpiPen injection, call an ambulance (119) as further treatments would be necessary.

* If the person is unable clearly to indicate that he/she holds an EpiPen (difficult to express his/her intention), you may become aware of it from situations, such as the person grabs hold of an EpiPen, the person is trying to search his/her bag (for an EpiPen), etc.

2. Remove **the blue safety cap** from the EpiPen (see figures), press **the orange tip** vertically against the skin slightly outside of the thigh until it "clicks" (can be done through clothing), and hold for 5 seconds. When the EpiPen is removed after injection, the needle tip automatically retracts into the cover.



※ Be advised to learn more about how to use the EpiPen, by visiting the following website to watch an instruction movie.

<https://www.epipen.jp/howto-epipen/material.html>



3. For more information, visit the website of the Center for Health Sciences and Counseling for a relevant document:

https://www.chc.kyushu-u.ac.jp/~webpage/pdf/221011_en.pdf

