How to use EpiPen®

♦ Say each action out loud and double-check as you perform them.

1. Remove from case

Remove the cap from the case and take out the EpiPen®.

2. Grasp firmly

Hold with your dominant hand, pointing the orange colored needle cover downward.

Hold in your fist!

3. Remove the safety cap

Remove the blue safety cap.

4. Inject into thigh

Hold the tip (orange part) of EpiPen® lightly against the person's thigh. Press firmly until you hear a "click". Hold in place while counting to 5.

Do not pull out immediately after injecting!

Continue to press the unit against the thigh while counting to 5!

5. Double-check

After counting to 5, remove EpiPen® from the thigh and look at the orange colored needle cover. If it is extended, the injection has been successful.

If it is not extended, return to step 4.

6. Massage

Massage the site of injection for 10 seconds.