

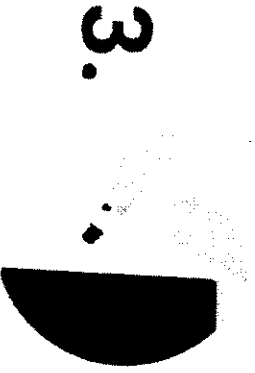
How to use an adrenalin autoinjector (Epipen, Jext or Emerade)



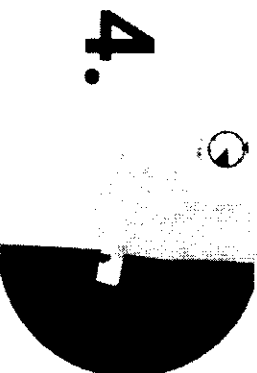
1. Hold in your dominant hand



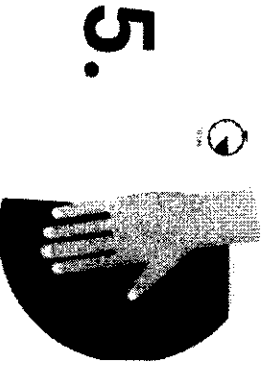
2. Remove the cap with your other hand



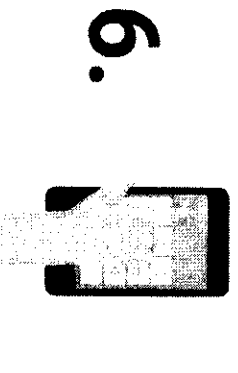
3. Swing and jab the tip of the autoinjector into your upper, outer thigh (with or without clothes, but avoiding seams)



4. Hold the injection in place for 10 seconds



5. Massage the injection site for 10 seconds



6. Phone for an ambulance