Anaphylaxis is life-threatening, unpredictable, presents in multiple ways and can progress quickly.

**RECOGNIZE THE SEVERITY**

An epinephrine auto-injector is the first line of treatment to stop the progression of anaphylaxis in all body systems. Use it at the first sign of symptoms – don’t wait to see what happens!

**USE EPINEPHRINE IMMEDIATELY**

Always call for emergency medical assistance and go to the emergency room for follow-up observation and treatment.

**CALL 911**

Keep two epinephrine auto-injectors on hand, in case symptoms recur before emergency medical assistance is available. Up to 25% of people will require more than one.

**CARRY TWO AUTO-INJECTORS**

Consult a board-certified allergist for accurate diagnosis and prevention/treatment plan.

**FOLLOW UP**

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