R1E2A3C4T

Four quick steps to take in a food allergy emergency.



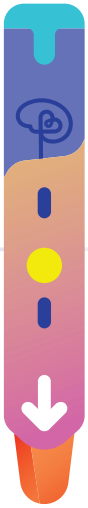
STEP 1

Recognize the symptoms.



STEP 2

Administer the epinephrine.
Remember, ***Epi First, Epi Fast***.





STEP 3

Call 911. Verbally assign someone to get emergency services and be ready to explain what is happening.



STEP 4

Tend to the person. Lay them down with their legs raised and monitor their pulse and breathing.

IMPORTANT!

If needed, a 2nd dose can be administered in as soon as 5 minutes after the 1st dose.

KYAH RAYNE FOUNDATION™
FOOD ALLERGY EDUCATION

Quick & Free Food Allergy Certification

10-15 MINUTES OR LESS