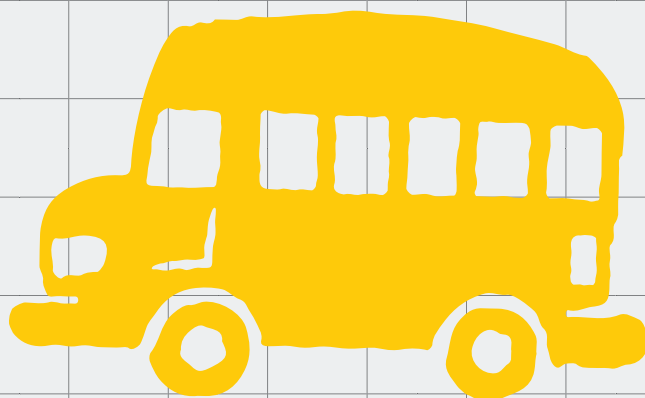
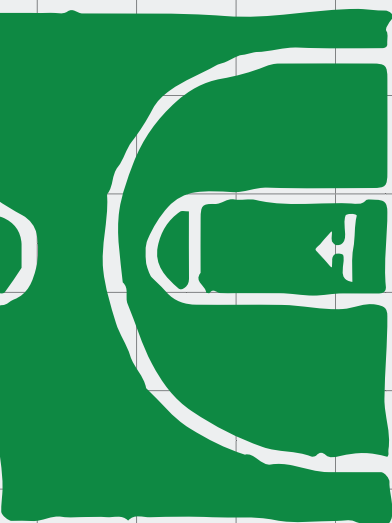


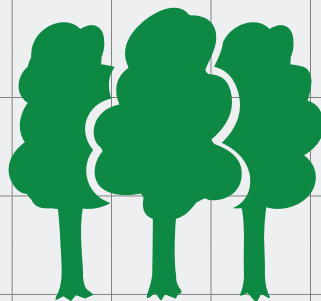
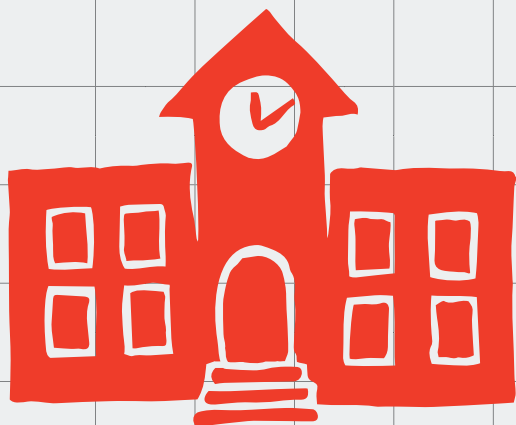
## LIFE-THREATENING ALLERGIES 101



This folder belongs to: .....

## CLASS SCHEDULE

- I **Science** – A Focus on Design
- II **Social Studies** – Working Together
- III **Math** – Divide and Conquer
- IV **English** – Keep Reading



# ANAPHYLAXIS AND ALLERGIC REACTIONS

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Anaphylaxis is a severe, life-threatening allergic reaction.<sup>1</sup> Not all allergic reactions develop into anaphylaxis.<sup>1</sup> Understanding the differences is important.

## WHAT IS AN ALLERGIC REACTION?

An allergic reaction can include itchy skin, a few hives, or mild nausea, but it is rarely life-threatening, like anaphylaxis can be.<sup>2</sup>

## HOW IS ANAPHYLAXIS DIFFERENT?

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Anaphylaxis is a severe, life-threatening allergic reaction.<sup>1</sup> It can result from food allergies, medications, and insect stings.<sup>1</sup> Symptoms can include difficulty breathing, vomiting, and severe hives.<sup>1</sup>

## WHAT IS THE TREATMENT FOR ANAPHYLAXIS?

Epinephrine is the treatment for anaphylaxis.<sup>1</sup> Caregivers should inject it immediately even if they are unsure if anaphylaxis is happening.<sup>1</sup> Seek immediate medical treatment afterwards.

## WHAT ABOUT ANTIHISTAMINES?

Anaphylaxis requires treatment with epinephrine right away. Antihistamines do not act quickly enough to treat anaphylaxis.<sup>1</sup>



# SCIENCE]

Q

What's behind the design of AUVI-Q®  
(epinephrine injection, USP)?

A

Human Factors Engineering.

Human factors engineering is the subject of understanding how people interact with technology. Our team used this approach when designing AUVI-Q to be easy to use and to carry.

DESIGNED TO BE  
EASY TO USE, EVEN  
FOR UNTRAINED  
CAREGIVERS.<sup>3-5</sup>

Teachers, coaches, and staff are  
called to respond to anaphylaxis  
at school.<sup>6-8</sup>



#### VOICE INSTRUCTIONS

Step-by-step voice instructions guide  
users, whether trained or not<sup>9</sup>



#### POCKET SIZED

About the size of a credit card  
and thickness of a cell phone



#### AUTO-RETRACTABLE NEEDLE

Patient may not feel the injection,  
and the needle is not visible before,  
during, or afterward<sup>9</sup>

**Seek emergency medical care after using AUVI-Q® (epinephrine injection, USP).**

#### Indication

AUVI-Q® (epinephrine injection, USP) is a prescription medicine used to treat life-threatening allergic reactions, including anaphylaxis, in people who are at risk for or have a history of serious allergic reactions.

Please see additional Important Safety Information throughout, and enclosed full Prescribing Information and Patient Information, or at [www.auvi-q.com](http://www.auvi-q.com).

# SOCIAL STUDIES]

Q

What can you do to help support your child when you are not there?

A

Communicate with your child's caregivers to create a system of support.

As your child grows, they will be going more places without you. Talk to caregivers in each of these locations about your child's life-threatening allergies. Help your child advocate for themselves when they are not with you.

# TIPS TO CONSIDER FOR BACK TO SCHOOL

## PARTNER WITH THEIR SCHOOL

### CHOOSE AN EMERGENCY PLAN

Provide your school with either an Anaphylaxis Emergency Plan or a 504 plan for your child

Educate your child's caregivers on their plan

## HELP EDUCATE THEIR CAREGIVERS

### TEACHERS

Request an allergen-free classroom

o Send a stash of "safe snacks" for your child

Offer to help with class allergy awareness

Discuss ways to prevent bullying

### IDENTIFY OTHER CAREGIVERS

For example: bus drivers, coaches, counselors, or friends' parents

Request to be notified about substitute caregivers

Make sure they know what to do in an allergic emergency

o Discuss allergen triggers

o Tell them where to find your child's AUVI-Q® (epinephrine injection, USP)

Share the AUVI-Q life-threatening allergies quick reference guide at [auvi-q.com/guide](http://auvi-q.com/guide)

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### Important Safety Information

AUVI-Q is for immediate self (or caregiver) administration and does not take the place of emergency medical care. Seek immediate medical treatment after using AUVI-Q. Each AUVI-Q contains a single dose of epinephrine.

**AUVI-Q should only be injected into your outer thigh, through clothing if necessary.** If you inject a young child or infant with AUVI-Q, hold their leg firmly in place before and during the injection to prevent injuries. Do not inject AUVI-Q into any other part of your body, such as into veins, buttocks, fingers, toes, hands, or feet. If this occurs, seek immediate medical treatment and make sure to inform the healthcare provider of the location of the accidental injection. Only a healthcare provider should give additional doses of epinephrine if more than two doses are necessary for a single allergic emergency.



## TEACH THEM SELF-ADVOCACY

### HELP YOUR CHILD ADVOCATE FOR THEMSELF

**Get them comfortable saying what they cannot eat**

- o “I can’t eat that because I have a life-threatening allergy”

**Remind them to notice their surroundings**

- o Have them observe what people are eating nearby

**Help teens manage peer pressure**

- o Remind them: “just one bite” can have consequences

- o Help them describe their anaphylaxis symptoms

**Always keep their 2 AUVI-Q® (epinephrine injection, USP) readily available<sup>10-12</sup>**

- o When they are ready to self-carry their AUVI-Q, remind them to carry 2 always



### Important Safety Information (cont'd)

Rarely, patients who use AUVI-Q may develop infections at the injection site within a few days of an injection. Some of these infections can be serious. Call your healthcare provider right away if you have any of the following symptoms at an injection site: redness that does not go away, swelling, tenderness, or the area feels warm to the touch.





# MATH]

Q

How do you manage the complexity of life with life-threatening allergies?

A

Divide up the work to help make it easier.

One way to stay organized and keep your family on track is to turn the back-to-school process into a series of manageable steps. This approach can help you stay focused and also share the responsibilities with other people who help care for your child, making it easier on everyone.

# BACK TO SCHOOL CHECKLIST

## ALWAYS KEEP 2 AUVI-Q® (epinephrine injection, USP) ON HAND

- ☐ Keep 2 AUVI-Q at school – your school may require they stay with the nurse
- ☐ Keep 2 AUVI-Q nearby for after-school activities

## CREATE AN EMERGENCY PLAN<sup>2</sup>

- ☐ Work with your doctor to create the right plan for your child

## EDUCATE ALL CAREGIVERS

- ☐ Help them recognize the signs and symptoms
- ☐ Tell them where your child's AUVI-Q is located
- ☐ Have them practice with the Trainer

## HELP CAREGIVERS PLAN

- ☐ Identify food-free activities and rewards
- ☐ Have a “safe snack” pack available

## HELP YOUR CHILD SELF-ADVOCATE

- ☐ Help them create strategies for the unexpected

## REVIEW YOUR RESOURCES

- ☐ Visit [auvi-q.com/resources](http://auvi-q.com/resources)
- ☐ Find more resources on next page

## GET AUTOMATED REFILL REMINDERS

- ☐ Sign up for notifications at [auvi-q.com/reminder](http://auvi-q.com/reminder)



## Important Safety Information (cont'd)

**If you have certain medical conditions, or take certain medicines, your condition may get worse or you may have more or longer lasting side effects when you use AUVI-Q.** Be sure to tell your healthcare provider about all the medicines you take, especially medicines for asthma. Also tell your healthcare provider about all of your medical conditions, especially if you have asthma, a history of depression, thyroid problems, Parkinson's disease, diabetes, heart problems or high blood pressure, have any other medical conditions, are pregnant or plan to become pregnant, or are breastfeeding or plan to breastfeed. Epinephrine should be used with caution if you have heart disease or are taking certain medicines that can cause heart-related (cardiac) symptoms.



# ENGLISH]

Q

How can I learn more?

A

Go to [auvi-q.com/resources](https://auvi-q.com/resources) and check out our recommended reading list.

You can find a wealth of resources at [auvi-q.com](https://auvi-q.com), such as more back-to-school tips, an anaphylaxis emergency care plan, and information to help plan for camps and field trips. Stay informed, and stay healthy!



## ONLINE RESOURCES

[www.auvi-q.com/training](http://www.auvi-q.com/training)

See How to Inject videos – for all caregivers

[www.auvi-q.com/real-stories](http://www.auvi-q.com/real-stories)

Meet AUVI-Q families – hear their stories

[www.auvi-q.com/resources](http://www.auvi-q.com/resources)

Quick reference guide and more – share with all caregivers

[www.auvi-q.com/reminder](http://www.auvi-q.com/reminder)

Sign up for expiration date reminders – always have  
AUVI-Q on hand!

**JOIN THE AUVI-Q® (epinephrine  
injection, USP) COMMUNITY**



**Questions? Call 1-877-30-AUVIQ**

### Important Safety Information (cont'd)

Common side effects include fast, irregular or 'pounding' heartbeat, sweating, shakiness, headache, paleness, feelings of over excitement, nervousness, or anxiety, weakness, dizziness, nausea and vomiting, or breathing problems. These side effects usually go away quickly, especially if you rest. Tell your healthcare provider if you have any side effect that bothers you or that does not go away.

Please see the full Prescribing Information and Patient Information available at [www.auvi-q.com](http://www.auvi-q.com).

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch) or call 1-800-FDA-1088.



**DON'T  
FORGET!**

Your AUVI-Q expires on:

DD/ MM/ YY

DD/ MM/ YY

DD/ MM/ YY

DD/ MM/ YY

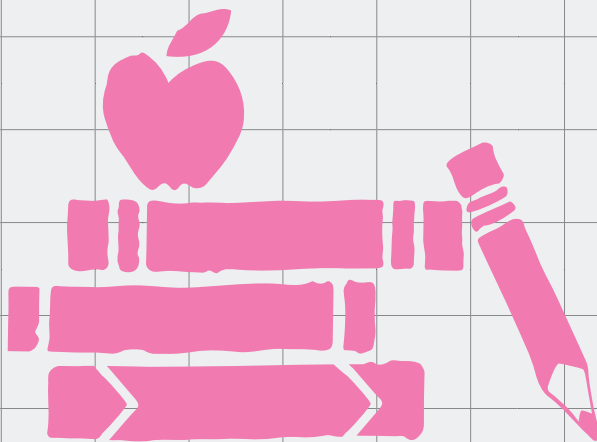
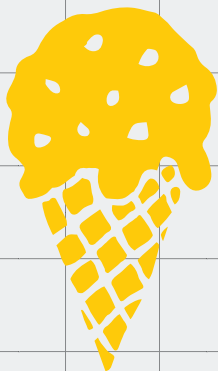
DD/ MM/ YY



Talk to your doctor about refills.

## References:

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STAY INFORMED, BE PREPARED

