

HOW TO USE A JEXT ADRENALINE AUTO-INJECTOR

1

Hold the AAI in the hand that you use to write with, your thumb closest to the yellow cap.

2

Pull off the yellow cap with your other hand.

3

Place the black injector tip against the outer thigh, holding the injector at a right angle to the thigh.

4

Push the black tip as hard as you can into the outer thigh until you hear a 'click' which means the injection has started. Hold in place for 10 seconds, then remove.

5

Massage the injection area for 10 seconds, seek immediate medical attention. Call 999 in the UK or 112 in Ireland and state 'anaphylaxis'.

