

Epinephrine **MYTHS** vs. **FACTS**

MYTH ❌

Epinephrine is dangerous

FACT ✓

- Epinephrine is safe
- Made naturally in our bodies
- Epinephrine injection boosts our natural levels
- Life-saving: opens airways and maintains blood pressure
- Side effects are short lasting (anxiety, tremor, fast heart rate)

MYTH ❌

The needle is huge

FACT ✓

- The needle ranges from 0.29 inches (less than ½ a dime) to ≈1 inch long (length of a quarter) depending on device
- Most devices have needles that are smaller than flu shot needles (1-1.5 inches)

MYTH ❌

The needle will hurt

FACT ✓

- Most children and adults report little to no pain

MYTH ❌

You can try antihistamines (e.g. Diphenhydramine) first for treating anaphylaxis

FACT ✓

- Epinephrine should be used first for the treatment of anaphylaxis
- Epinephrine opens airways and maintains blood pressure
- Antihistamines work much more slowly to help with itching and hives which are milder symptoms of anaphylaxis
- Remember: "Epinephrine saves lives, antihistamines only treat hives"

MYTH ❌

You must remove clothes to use it

FACT ✓

- Epinephrine auto-injectors will work even through thick clothes