Information Letter

I'm a member of the
Jext® Gang
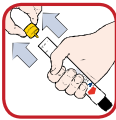
It is important for you to know that I suffer from anaphylaxis. Anaphylaxis is a severe and potentially fatal allergic reaction. It may start suddenly within seconds or minutes, or take a few hours to develop following contact with an allergen, which is a substance that is capable of producing an allergic reaction.

A severe anaphylactic reaction is sometimes known as anaphylactic shock. Anaphylaxis can cause the blood pressure to drop quickly, resulting in fainting or even sustained loss of consciousness. It can also cause severe breathing difficulties.

I carry an Adrenaline Auto Injector Pen with me at all times that I need to administer if I come into contact with an allergen. Although I know how to administer this myself, I may not be well enough to do this so please can you do it on my behalf.

Instructions for use:

1, Grasp the Jext injector in your dominant hand (the one you use to write with) with your thumb closest to the yellow cap.

2, Pull off the yellow cap with your other hand.

3, Push the black tip firmly into your outer thigh until you hear a 'click' confirming the injection has started, then keep it pushed in. Hold the injector firmly in place against the thigh for 10 seconds (a slow count to 10) then remove. The black tip will extend automatically and hide the needle.

4, Massage the injection area for 10 seconds. Seek immediate medical help.

5, Call 999, say "anaphylaxis" and ask for immediate medical attention. If you are unable to make the call, get someone else to call for you.

6, Administer a second Jext after 5 to 15 minutes if there is no improvement, or original symptoms return.

☐ I have shown you how to use my AAI Pen using the simulator pen, told you about my allergies and how to recognise if I am having a reaction and I have also read through the instructions for use.

If I do have an anaphylactic reaction, call **999** immediately and then my emergency contact to let them know.

Name:

I am allergic too:

Location of my pen:

Emergency contact details: