# Epinephrine MYTHS vs. FACTS

<table>
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<th>Myth</th>
<th>Fact</th>
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| Epinephrine is dangerous | • 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) |
| The needle is huge | • 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) |
| The needle will hurt | • Most children and adults report little to no pain |
| You can try antihistamines (e.g. Diphenhydramine) first for treating anaphylaxis | • 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” |
| You must remove clothes to use it | • Epinephrine auto-injectors will work even through thick clothes |