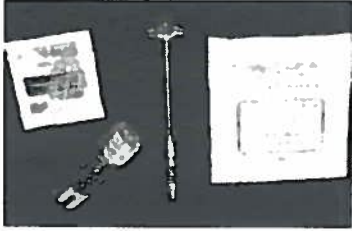


How to give an injection of hydrocortisone

1. Wash your hands.
2. Assemble your equipment.



3. Mix the medication vial by pushing down on top of the vial to release the cork.



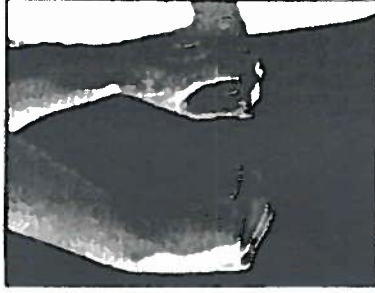
4. Shake the vial to mix the medication solution well.



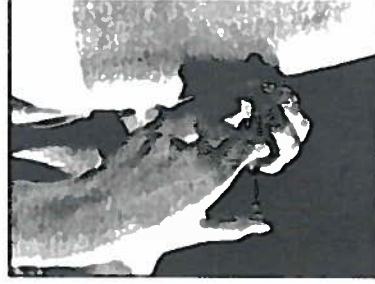
5. Use alcohol to clean the rubber stopper on the vial.
6. Take the cap off the syringe needle and insert the needle into the vial.



14. Hold the syringe in place. Pull back the plunger to make sure you are not injecting into a large blood vessel. If blood appears in the syringe, withdraw the syringe and discard it.



- (However, if this is the only dose of medication you have, inject the medication anyway.) Prepare another syringe with medication and inject yourself in a slightly different site.



15. After injecting the medication, place tissue or gauze near the needle, and pull the needle out quickly.
16. Massage the injection site gently,
17. Place the syringe and needle in a hard, unbreakable container (such as an empty coffee can with a lid) before disposing of it.



18. Call your local doctor.

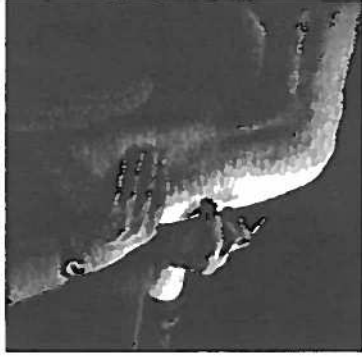


7. Draw up the medication. Adults should use all the medication in the vial. For a child, use the dose prescribed by the doctor.

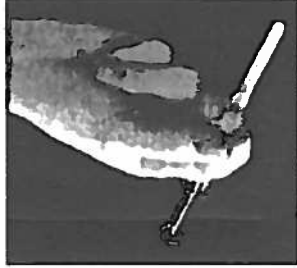
8. Replace the needle cap.



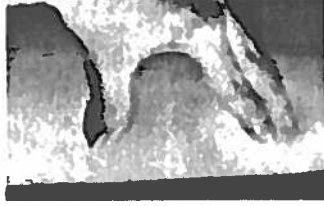
9. Select the site for your injection. To inject yourself safely, become familiar with your body. Uncover your thigh and look at it. Now, draw an imaginary line in the middle of your thigh to divide it in half lengthwise. The outer portion is where you will be injecting. Now, imagine your thigh divided into three equal portions, from the knee to the hip. The outer portion of the inner third of your thigh is where you will do the injection.



- 10 Use alcohol to cleanse the injection site on your skin.



11. Remove the cap from the needle. Hold the syringe like a dart.



12. Using your thumb and first two fingers, spread your skin while pushing down tightly.



13. Dart the needle into the thigh injection site, going straight in at a 90-degree angle.