



KEEPING YOUR APPOINTMENTS

Venom immunotherapy shots are given in intervals. The timing and dosage of the shots work together to provide adequate protection from systemic allergic reactions.

EPINEPHRINE & COLD WEATHER

- 1 IDEAL TEMPERATURE**
The recommended storage temperature for epinephrine pens is 68 - 77°.
- 2 DON'T FREEZE**
Accidentally-frozen epinephrine pens should be discarded because syringe glass may crack.
- 3 CONTINUE CARRYING**
Don't break your good habits! Continue carrying your pen even during the winter.

- Even though bees and wasps hibernate in winter, it's important to continue receiving allergy shots for spring protection.
- Skipping appointments may reduce the effectiveness of your treatment and even result in increased side-effects with your next dose.¹

YOUR WINTER REMINDERS

References

1. Larenas-Linnemann, Désirée Erlinda, et al. "Gaps in Allergen Immunotherapy Administration and Subcutaneous Allergen Immunotherapy Dose Adjustment Schedules." *Annals of Allergy, Asthma & Immunology*, vol. 125, no. 5, 2020, <https://doi.org/10.1016/j.anai.2020.07.015>.



MAKE SUMMER SAFETY PLANS

Planning on being adventurous this summer? Great! Plan on being safe, too. Consider what you will do in an emergency. How can you be prepared?

- If summer camp is on the calendar, ask the staff about their epinephrine stock and who is trained to use it. Create a safety plan together!
- Always carry your epinephrine pen, especially during the warmer months. Do your best to keep the pen out of direct sunlight.

PREVENT BEE & WASP STINGS

- 1 WATCH FOR NESTS**
Some stinging insects make very noticeable nests in trees. Others nest in less obvious places, like underground.
- 2 CONSIDER YOUR OUTFIT**
Wearing bright colors and sweet smelling fragrances outside may attract stinging insects.
- 3 CONTINUE TREATMENT**
While venom immunotherapy doesn't prevent stings, it does protect you from severe, allergic reactions – up to 98%!²

YOUR SUMMER REMINDERS