Help manage symptoms at home

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❶ What symptom?

| Pain | Short of breath | Rattly breathing | Feeling sick in the gut | Restlessness | Stress | Troubling visions, sounds, thoughts | Fitting |

❹ Give the medicine

Give the medicine under the skin

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❶ Check the site
Swelling, tenderness, bruising or leakage?

❷ Clean your hands

❸ Check you have the correct medicine

Ring the clinic

❺ Give all the medicine slowly

❹ Put the syringe on the cannula

❺ Twist the cap off

❹ What you need

❸ What medicine?

What medicine to give?

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Symptom:
Put medicine label here
Notes:

Symptom:
Put medicine label here
Notes:

Need help?

Symptom:
Put medicine label here
Notes:

Symptom:
Put medicine label here
Notes:

Symptom:
Put medicine label here
Notes:

❷ How worrying is it?

0 1 2 3 4 5 6 7 8 9 10

Not worried   Really worried

❺ Fill in the Medicines book

Examples

❻ Wait 20 minutes

❼ Fill in the Medicines book

Examples

Need help? Ring the clinic. T: ....