



7 Travel Tips For Those Who Experience Allergic Reactions

Always stay prepared with needle-free **neffy**.

- 1 Get familiar with **neffy**'s [How-to-Use videos](#)** **neffy** is designed to be easy to use. Take a few moments to watch the How-to-Use videos and share them with your travel companions. Make sure to bookmark the videos for easy access.
- 2 Keep your **neffy** devices in your carry-on**
Avoid packing **neffy** in checked luggage. **Get a FREE carrying case** so **neffy** is always close at hand.
- 3 Learn key allergy phrases in the local language**
Being able to clearly communicate your allergens can help keep you safe.
- 4 Research your destination in advance**
Check out allergy-friendly restaurants, local emergency services, and pharmacy locations before you go.



Not actual size.
Actor portrayals.



- 5 Pack safe snacks**
Having food you trust can help reduce anxiety, especially in places where ingredient labels might be unclear or in another language.
- 6 Let airlines and hotels know ahead of time**
Most are willing to accommodate allergies if you give them advance notice.
- 7 Wear a medical alert bracelet**
It's a simple way to make sure others know about your allergy and can help you quickly in an emergency.

Staying prepared isn't just for takeoff, it's for every day. Sign up for emails & texts so you are always up-to-date with the latest **neffy** information, whether you're close to home or far from it.

WHAT IS **neffy**?

neffy is a nasal spray used for emergency treatment of allergic reactions including anaphylaxis, in adults and children aged 4 years and older who weigh 33 lbs or greater.

IMPORTANT SAFETY INFORMATION

What is the most important information that I should know about **neffy?**

neffy contains epinephrine, a medicine used to treat allergic emergencies (anaphylaxis). Anaphylaxis can be life-threatening, can happen in minutes, and can be caused by stinging and biting insects, allergy injections, foods, medicines, exercise, or other unknown causes.

Always carry two **neffy** nasal sprays with you because you may not know when anaphylaxis may happen and because you may need a second dose of **neffy** if symptoms continue or come back. Each **neffy** contains a single dose of epinephrine. **neffy** is for use in the nose only.

Use **neffy** right away, as soon as you notice symptoms of an allergic reaction. If symptoms continue or get worse after the first dose of **neffy**, a second dose is needed. If needed, administer a second dose using a new **neffy** in the same nostril *starting 5 minutes after the first dose*. Get emergency medical help for further treatment of the allergic emergency (anaphylaxis), if needed after using **neffy**.

Tell your healthcare provider if you have underlying structural or anatomical nasal conditions, about all the medicines you take, and about all your medical conditions, especially if you have heart problems, kidney problems, low potassium in your blood, Parkinson's disease, thyroid problems, high blood pressure, diabetes, are pregnant or plan to become pregnant, or plan to breastfeed.

Tell your healthcare provider if you take or use other nasal sprays or water pills (diuretics) or if you take medicines to treat depression, abnormal heart beats, Parkinson's disease, heart disease, thyroid disease, medicines used in labor, and medicines to treat allergies. **neffy** and other medications may affect each other, causing side effects.

neffy may affect the way other medicines work, and other medicines may affect how **neffy** works.

What are the side effects of **neffy**?

neffy may cause serious side effects. If you have certain medical conditions or take certain medicines, your condition may get worse, or you may have more or longer lasting side effects when you use **neffy.**

Common side effects of **neffy** include: nasal discomfort, headache, throat irritation, chest and nasal congestion, feeling overly excited, nervous or anxious, nose bleed, nose pain, sneezing, runny nose, dry nose or throat, tingling sensation, including in the nose, feeling tired, dizziness, nausea, and vomiting.

Tell your healthcare provider if you have any side effects that bother you or that do not go away after using **neffy.**

These are not all of the possible side effects of **neffy**. Call your healthcare provider for medical advice about side effects. To report side effects, contact ARS Pharmaceuticals Operations, Inc. at **1-877-MY-NEFFY (877-696-3339)** or the FDA at 1-800-FDA-1088 or www.fda.gov/medwatch.

Please see the full [Prescribing Information](#) and [Patient Information](#) for **neffy.**



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