



Not actual size.



6 Myths About Allergic Reactions

Managing allergies means staying prepared and informed.
Here are some common misconceptions, and the truth about them.

MYTH #1

“I’ll have plenty of time to react.”

Allergic reactions can become life-threatening in minutes. Treating at the first sign of symptoms, with needle-free **neffy** is critical.

MYTH #2

“Allergies don’t get worse as you get older.”

Allergies can shift over time, and in some cases, they may become more severe with age. New allergies can also develop in adulthood.

MYTH #3

“All allergic reactions look the same.”

Symptoms of allergic reactions may vary. One might start with itching, or stomach pain, and another could lead to trouble breathing. There’s no “typical” reaction.

MYTH #4

“Antihistamines are often enough.”

Only epinephrine can treat all of the symptoms of an allergic reaction, antihistamines will not. Learn how to recognize the signs of an allergic reaction by visiting: neffy.com/resources and use **neffy** at the first sign of symptoms.

MYTH #5

“Epinephrine is overused in allergic reactions.”

If you think you need epinephrine, use it. Early treatment can be lifesaving. It’s always better to act quickly than to wait and see.

MYTH #6

“You always need to go to the ER after using epinephrine.”

If symptoms are gone or almost gone within 5-15 minutes (hives/rash can still be there) and no new symptoms have started; watch the person, no need to get emergency medical help.

Call for help if:

- Symptoms don’t improve after the first dose of epinephrine
- You are not able to assess the person
- You do not have a second dose of epinephrine
- Person is having trouble breathing, throat or heart symptoms, poor alertness or vomiting
- Person is/was unresponsive or collapsed
- Doctor instructed to get help after first dose

Understanding allergy myths is important, but being ready with epinephrine is essential.

With neffy, preparedness becomes more approachable, thanks to a needle-free option.

Talk to your doctor to get started.

[Download the Doctor Discussion Guide](#)

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.

Please see additional Important Safety Information on next page and full [Prescribing Information](#) and [Patient Information](#) for **neffy.**

IMPORTANT SAFETY INFORMATION (Cont'd)

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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