1. Avoid rubbing or scratching the arms after injections.
2. Avoid vigorous exercise 2 hours before and 2 hours after injections, such as jogging, vigorous walking, gym workouts, etc.
3. If your allergist requires you to pre-medicate before your injection and you have not taken it, **YOU WILL NEED TO RESCHEDULE.**
4. You must bring your EpiPen® and an antihistamine medication with you when you come for an allergy injection. If you have been prescribed an EPI pen, bring it with you.
5. You MUST have injection sites checked by a nurse **30 minutes** after injection. There are no exceptions to this policy. You must wait inside the Stamps Health Services building during your wait time. **FAILURE TO ABIDE BY THIS SAFETY POLICY WILL RESULT IN TERMINATION OF INJECTIONS AT STAMPS HEALTH SERVICES.**
6. While waiting to have the injection checked, notify the nurse if you experience any of the following:
   - runny nose
   - wheezing
   - itching
   - flushing
   - shortness of breath
   - facial swelling
   - nasal congestion
   - pins and needles sensation of the skin
   - coughing
   - anxiety
7. Although you may not experience any local reaction within the 30 minutes after the injection, it is possible to react later in the day. If a local reaction occurs:
   - Take an antihistamine (Claritin, Zyrtec, Allergra, Benadryl, etc)
   - Record the time and size of the reaction and how long it lasts. Report this to the nurse **BEFORE** receiving the next injections. If the symptoms continue or worsen, return to Stamps Health Services or go to the nearest emergency department. (Emory Midtown, 550 Peachtree St, Atlanta, GA) or call 911.
8. Allergy injections will never be given without a physician’s presence in the facility. This is for your safety. We will only give allergy injections during designated times.
9. Certain prescription medications for eye problems, headaches and blood pressure problems contain Beta Blockers. Beta Blockers can increase the sensitivity to allergens and also potentiate anaphylaxis. It is **IMPERATIVE** you inform the nurse **BEFORE RECEIVING ANY ALLERGY INJECTIONS** if you are taking any beta blockers.
10. **ALL EXTRACT VIALS RECEIVED BY STAMPS HEALTH SERVICES MUST BE COOL TO TOUCH.** WE WILL NOT ACCEPT EXTRACT VIALS THAT ARE AT ROOM TEMPERATURE OR WARMER. **YOU ARE RESPONSIBLE FOR COMPLIANCE WITH THIS POLICY.**

I have read and understand ALL the instructions listed above and will comply fully.

Name: ______________________Signature: _______________________Date: ____________
1. Allergy Injection Hours are:

<table>
<thead>
<tr>
<th>Day</th>
<th>Morning</th>
<th>Afternoon</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>8:10 am -11:40 am</td>
<td>1:00 pm – 3:00 pm</td>
</tr>
<tr>
<td>Tuesday</td>
<td>8:10 am -11:40 am</td>
<td>1:00 pm – 3:00 pm</td>
</tr>
<tr>
<td>Wednesday</td>
<td>8:10 am -11:40 am</td>
<td>1:00 pm – 3:00 pm</td>
</tr>
<tr>
<td>Thursday</td>
<td>9:10 am-11:40 am</td>
<td>1:00 pm – 3:00 pm</td>
</tr>
<tr>
<td>Friday</td>
<td>8:10 am -11:40 am</td>
<td>1:00-2:00 pm</td>
</tr>
</tbody>
</table>

*Allergy injections is closed for lunch daily from 12-1 pm.*

2. If this is your first visit, you must make an appointment to see one of our physicians to be cleared for allergy injections.

3. Please sign the HIPAA Release of Information and Allergy Consent Form.

4. The allergy injection fee is $90.00 per Fall and Spring semester and 60.00 for the summer semester.

5. Please make an appointment each time you come for an allergy injection. Make your appointment at the front desk, by phone or online. You must bring an EpiPen® and antihistamine with you the day of your allergy injection. If you need a prescription, please let us know.

6. Check in using the self check-in computers in the lobby and proceed down the main corridor to the Travel, Immunization and Allergy injections area. (It will be the hallway on the right before lab/radiology) Proceed down the hall to the staff desk and check in.

7. Wait in the Allergy injections waiting room to be called in by the nurse.

8. After receiving your injection, please wait in the Allergy injections waiting room or lobby for 30 minutes before having your injection site(s) checked by the nurse. Report any unusual symptoms to the nurse. After being discharged by the nurse, you may leave.

9. Seek medical help if you experience any reaction. If Health Services is closed, go to the nearest emergency department.