



Not actual size.



A+ Back to School Planning

What students who have experienced allergic reactions (and parents) should know to be more prepared for the school year ahead.

- ✓ **Start with *neffy***
Make an appointment with your child's doctor to get a prescription for *neffy* or request a refill. [Explore savings options](#)
- ✓ **Download and complete the *neffy* Doctor Discussion Guide** [↗](#)
Use it to prepare for a productive discussion with your doctor to make sure your questions are covered.
- ✓ **Complete the *neffy* Action Plan** [↗](#)
Share it with the staff at your child's school to ensure they are aware of your child's known allergens, and how to properly use *neffy* during an allergic reaction.
- ✓ **Educate caregivers, family, and friends**
Help your child's close contacts understand how to recognize an allergic reaction and how to use *neffy*.
- ✓ **Make sure *neffy* devices are accessible**
Store *neffy* in an easy-to-reach spot like your child's backpack or the nurse's office. [Get a FREE *neffy* carrying case.](#) [↗](#)
- ✓ **Encourage conversation**
Tell your child it's okay to ask questions, remind people about their allergies, and speak up when they need help.
- ✓ **Check device expiration dates**
Use this time of year to check the expiration date on the back of your child's *neffy* devices, and refill their prescription if needed. [Sign up for expiration reminders.](#) [↗](#)
- ✓ **Remind your child they're not alone**
Allergies don't define your child, and with the right support and tools, they can thrive at school.

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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