

Download the **IMMUNE MICROPILOTS** game

With fun activities for before, during and after injection, this game is available on mobile devices via a trusted app called Healthinote.

Scan here



or visit

<http://surl.sanofi.com/healthinote>



Support injecting Dupixent

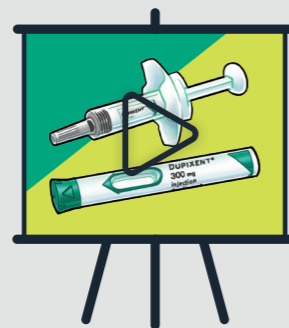
Having the right tools and techniques before you inject can make all the difference. Don't forget that you can access training videos on how to use the pre-filled pen and syringe and other resources anytime using the links below:

Scan here



or visit

www.dupixentmyway.co.uk



Your child's healthcare team will advise on the most suitable device (pen or syringe) to use for your child.

Important information

Like all medicines, this medicine can cause side effects, although not everybody gets them. It's important to know what to expect and watch out for. Always read the Patient Information Leaflet and consult your child's healthcare professional if you have any questions.

Reporting of side effects

If you experience any side effects, talk to their doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly via the national reporting systems below:

In the UK:

Through the national MHRA Yellow Card scheme reporting system:
www.mhra.gov.uk/yellowcard

In Ireland:

Website: www.hpra.ie
Email: medsafety@hpra.ie
Tel: +353 1 6764971

Alternatively, contact Sanofi on:

+44 (0)800 0902314 (UK)
Tel: +353 1 403 5600 (Ireland)
Email: UKdrugsafety@sanofi.com

By reporting side effects, you can help provide more information on the safety of this medicine.

- » For further information about your child's treatment, including side effects, refer to the Patient Information Leaflet, which can be found in their medication pack.
- » Talk to your child's doctor, nurse or pharmacist for more information or personal advice regarding their treatment(s) or health.
- » If you or your child do not feel confident injecting Dupixent and need further support, talk to your child's doctor, nurse or pharmacist.

sanofi | REGENERON®

DUPIXENT®

(dupilumab)

Ready, Set, Go! How to approach injection time positively with children

Tools and techniques to empower you to support your child before, during and after their injections.

This information is for parents and caregivers of children who have been prescribed Dupixent and are either:

- aged 6 months to 11 years with severe atopic dermatitis
- aged 12 to 17 years with moderate-to-severe atopic dermatitis



MAT-XU-2401651 (V1.0)
AUGUST 2024

Making the injection part of your routine

Giving an injection to your child can seem challenging, but we're here to help. If you react more calmly to the treatment process, your child may start to gain more confidence as well!

Navigating injections with confidence



How to ease injection anxiety: a psychologist's approach to injection day

Listen to this podcast to get advice from a clinical psychologist in paediatric dermatology on how to help make injections as easy as possible.



<https://surl.sanofi.com/podcasts1>

To access this resource, select atopic dermatitis and caregiver in the survey.

Ready...

Before the injection

After listening to the podcast, read through these tips to help your child feel prepared and relaxed before injecting.

Why not try...



Numbing creams
(ask your pharmacist for advice)



Deep breathing



Distraction toys



Get into a comfortable position

IMMUNE MICROPILOTS

Relax with a breathing game!

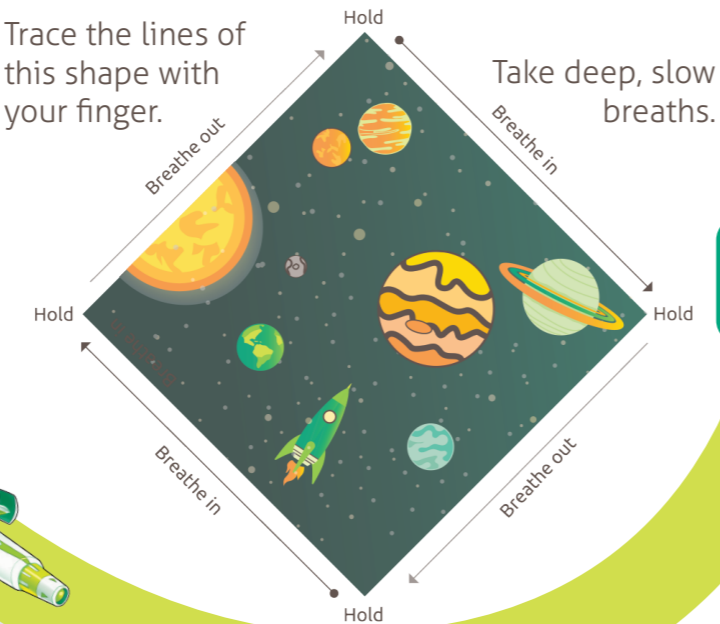


Sing a silly song

Laughter is a good way to lighten the mood! Choose a favourite song and work with your little one to create new, sillier lyrics.

Take a breathing break

Trace the lines of this shape with your finger.

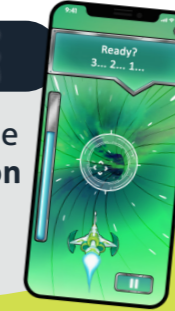


Set...

Go!

IMMUNE MICROPILOTS

Play a sit-still game whilst the injection is being given!



During the injection

Great! Now you are all prepared, read through this pick-and-mix list of activities to try during the injection. Why not experiment to find what works?

Infant



- Feeding
- Looking in a mirror
- Counting
- Being read stories
- Imaginative play
- Solving a puzzle
- Watching videos
- Play the Immune MicroPilots game

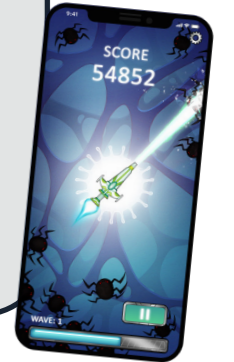
- Nursery rhymes
- Holding a textured toy
- Blowing bubbles
- Playing games
- Using fidget toys
- Conversation
- Playing 'I Spy'
- Listening to music

Children and adolescents

Well done!

IMMUNE MICROPILOTS

Now the injection is done, your child has unlocked their reward game – help the Immune MicroPilots battle hordes of itchy invaders!



After the injection

Excellent, the injection process is over! Make sure to provide your child with the praise, comfort and reassurance that only you can. And don't forget to give yourself a pat on the back too!

Navigating injections with confidence



Reflections and strategies for future injections: psychological tips

Hear a clinical psychologist in paediatric dermatology explain how to prepare for the next injection.

<https://surl.sanofi.com/podcasts2>

To access this resource, select atopic dermatitis and caregiver in the survey.

