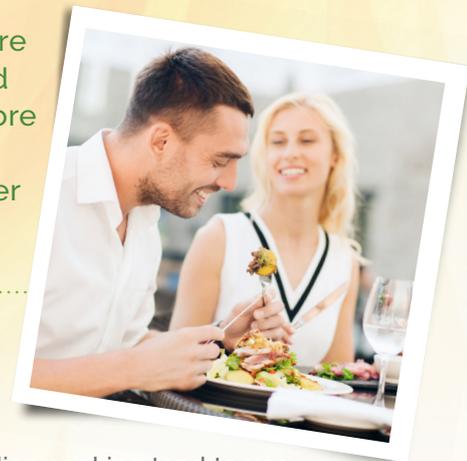


Anaphylaxis Checklist:

EATING OUT OR AWAY FROM HOME

Most people with anaphylaxis or who have family members with severe allergies share the same concern about dining out. Rest assured, food allergies and questions about ingredients are becoming more and more common in restaurants. Wait staff and chefs are used to it – so speak up and don't feel embarrassed. The more people speak up, the greater the awareness and the lower the risk.



- Most restaurants publish their menu online, so before you book or head out, see their website and check-out the options. Make a shortlist, then call the restaurant to make sure there aren't ingredients you're not sure about.
- Try and avoid high-risk-style restaurants. For example, Thai, Chinese and Indian cooking tend to use common allergens in their ingredients. While Buffet-style restaurants might seem enticing because of the range and variety of food, the risk of cross contamination among foods and serving utensils may be high.
- At the restaurant, if you're not sure – ask. Better safe than sorry. The restaurant staff are used to this. If they aren't helpful – leave.
- Avoid dishes with sauces or dressings unless you're absolutely sure of what they contain. Sauces might contain hidden allergens such as wheat flour that are used to thicken. Watch out for bread that might contain nuts or seeds.
- If you plan to attend a catered event where the food will be prepared in advance, ask if it's possible to provide an allergy-friendly option.
- The time you attend a restaurant can also be important. For example, at the beginning of the meal service period (e.g. lunch or dinner), before the restaurant fills up and wait staff and kitchen staff get too busy and possibly inattentive, is the best time to eat. The staff will be less flustered and more likely to answer your queries.
- Don't be afraid to print out a list of your allergies for the waiter to check with the kitchen or chef.
- When you ask questions, make sure you ask about potential for cross contamination. For example, peanuts might not be in the dish you ordered, but the kitchen might use peanut oil within the same vicinity.
- In restaurants where English might not be the native language, use a translation app or website and write down the details of your allergies on a card that can be shown to the staff. Or look at acquiring a set of multi-language cards – Dietary Cards (<https://www.dietarycard.com/collections/allergy-cards>).
- ALWAYS ensure that you take an in-date EpiPen® just in case.



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