

Anaphylaxis Checklist:

TRAVEL

Unfortunately, the thoughts of travel frighten many of those who have experienced a severe allergic reaction or anaphylaxis, but by adding a few extra items to your holiday planning list, it is possible to enjoy a relaxing break.



If your holiday travel is local or is close to a metropolitan area, your list will be short: make sure you have an in-date EpiPen® with you, and research the closest emergency centre nearby your destination.

If you are travelling further afield to a remote or regional location, make sure you have more than one EpiPen®, because you may not be able to reach an emergency centre in less than two hours and may require a second injection. Or mobile/cell signal may not exist. Make sure you know the location of the nearest emergency centre and that your mobile/cell phone is well charged. Take a portable backup battery charger just in case. They're not expensive and could save a life.

Travelling overseas adds a few extra concerns, but nothing that can't be overcome.

- Before you book flights, check out the airline's policy on allergy prevention and treatment. For example, does the airline serve peanuts or other potential triggers as snacks? Are you able to board with an EpiPen® Auto-Injector?
- When you finally book, alert the airline to any allergies and special meal requests. If the airline can't guarantee allergy free foods, check that you can take your own food on board.
- It is highly recommended that you take out medical travel insurance for your trip – healthcare can be very expensive in some countries.
- If travelling with children with allergies, ensure flight attendants are aware of the situation in case you fall asleep or aren't in a position to monitor what the child eats or drinks.
- Wipe down seatback trays before placing food items on them, to avoid cross contamination from previous passengers.
- Make sure the EpiPen® is easily reachable. It is better to keep it in a bag under the seat in front of you or in the seat pocket rather than in the overhead locker.
- Airlines, customs and security policies vary. To ensure there are no issues with carrying your EpiPen®, take a letter from your doctor.
- If you're travelling to a country where English isn't 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 (see the eating out checklist on the EpiClub® website for more eating out tips). Or look at acquiring a set of multi-language cards from Dietary Cards (<https://www.dietarycard.com/collections/allergy-cards>).
- Research (online) the availability and process for acquiring an EpiPen® at your destination in case you need to replace one.
- Take a printed copy of the Action Plan (See EpiPen® Resources – Action Plan on the EpiClub® website) to share with hotel or resort staff.
- ALWAYS ensure you have at least one in-date EpiPen® with you at all times (preferably two, because emergency services may be some time away).



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