

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.



Local travel:

- ✓ ALWAYS carry 2 in-date EpiPen® Auto-Injectors, know the nearest emergency centre and ensure your phone is charged with a backup battery.

Overseas travel:

Suggestions for airline travel below may also apply to travelling by boat or train.

- ✓ Before booking, check the airline's allergy policy to confirm if they serve trigger foods and whether you can bring your EpiPens.
- ✓ When booking, inform the airline of your allergies. Bring your own food if allergy-free meals/snacks aren't guaranteed.
- ✓ Airline policies vary. Take a letter from your doctor to avoid issues carrying your EpiPens.
- ✓ If travelling with a child with allergies, inform flight attendants in case you're unable to monitor your child.
- ✓ Wipe seatback trays before use to avoid cross-contamination.
- ✓ Keep your EpiPens in easy reach—store them under the seat or in the seat pocket, not the overhead locker.
- ✓ Medical travel insurance is advised as healthcare abroad can be expensive.
- ✓ If you don't speak the local language, use a translation app or allergy card to explain your allergies.
- ✓ Research how to get EpiPen (or an equivalent adrenaline auto-injector) at your destination in case you need a replacement.
- ✓ Bring a printed copy of your ASCIA Action Plan to share with hotel or resort staff.
- ✓ ALWAYS keep 2 in-date EpiPens with you.

For more valuable resources on EpiPen and anaphylaxis, visit myepipen.com.au

ASK YOUR PHARMACIST ABOUT THIS PRODUCT.

EPIPEN is for the emergency treatment of anaphylaxis. EPIPEN is not a substitute for emergency medical/hospital care. Call 000 immediately after administering EPIPEN. An additional dose of EPIPEN may be needed while waiting for emergency care. EPIPEN is available from pharmacies with a prescription, or without a prescription as part of a formal anaphylaxis action plan provided by a health practitioner.

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