

This person is food allergic and at risk of a severe, life-threatening allergic reaction (anaphylaxis). Several precautions should be taken when a food allergic individual travels.

Food allergic travelers should carry their medications with them at all times when they travel. In particular, patients should have at least one epinephrine (adrenaline) auto-injector with them while traveling and it should not be put in checked luggage. Carrying two auto-injectors is preferred in case a second dose is needed.

Each allergic individual should also have an adequate supply of their own food and fluids to use while they travel to avoid exposure to unrecognized allergens in airline or commercial foods. Finally, the food allergic traveler should also carry a copy of an emergency plan developed by his/her physician that explains treatment in case of an allergic reaction.

Name: (as shown on passport) \_\_\_\_\_

Date of birth: \_\_\_\_\_

Confirmed allergens: \_\_\_\_\_

\_\_\_\_\_

For other details refer to the attached Emergency Action Plan.

Travel plan prepared by:

Dr. \_\_\_\_\_

Signed \_\_\_\_\_

Date: \_\_\_\_\_

Additional information: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_