

# Travel advice if you have a severe allergy

Asthma and Allergy Department

Information for Patients

Last reviewed: September 2023

Next review: September 2026

Leaflet number: 1011 Version: 1

## Introduction

When you are going away it is important you make sure you have everything before you go, so that you can manage your allergy and deal with any health issues that may happen.

## Your medication checklist

- If you have been prescribed an adrenaline auto-injector (pen), practice regularly with a trainer device so you are confident how to use it. Show family and friends how to use it too.
- Make sure you have x2 adrenaline pens and antihistamines with you at all times - if flying they must be kept in your hand luggage and not put in the luggage hold.
- Check the expiry dates on your adrenaline pens. Give yourself plenty of time to get a new prescription if your medication is due to become out of date whilst you are away.
- Register for the Expiry Alert Service for your adrenaline pen (through the company website or smart phone app) to get reminders by text or e-mail when your device is about to expire.
- It is advised you take a doctors letter and make sure this says you have a food allergy. It should also say that you need to carry your adrenaline pen and any food/ drinks you may need to take with you (especially when flying).

**Health information and support is available at [www.nhs.uk](http://www.nhs.uk)  
or call 111 for non-emergency medical advice**

Visit [www.leicestershospitals.nhs.uk](http://www.leicestershospitals.nhs.uk) for maps and information about visiting Leicester's Hospitals  
To give feedback about this information sheet, contact [InformationForPatients@uhl-tr.nhs.uk](mailto:InformationForPatients@uhl-tr.nhs.uk)

## Destination checklist

- Find out where the nearest hospital is and how to contact the emergency services in the country you are travelling to.
- Contact the embassy and/or tourist office of the country you are visiting to see if they can offer any advice.
- If you have a food allergy, check the food labelling laws in the country you are visiting. These are different around the world, and although the laws are the same across Europe, Australia, New Zealand and the USA have their own rules.
- Organise translation cards in the language for the country you are visiting which can be found on the Anaphylaxis Campaign website [www.anaphylaxis.org.uk](http://www.anaphylaxis.org.uk)

## Other useful advice and information

- Tell the airline before travel if you have a nut allergy and ask for the removal of nut snacks.
- Make sure you wear a Medic Alert to so that people know that you have an allergy, if you have a severe allergy reaction (anaphylaxis).
- Fill in your medical ID on your mobile phone (iOS 8 onwards for iPhone) which can be found on the lock screen on the emergency call screen. You can add a contact number and the details of your allergies, reactions and medication.
- Organise travel insurance that will cover you for your allergies should you have a reaction.
- If you have a nut allergy beware that some sun creams contain peanut oil, also known as arachis oil.
- If you are flying, make sure you wipe down the arm rests of your seat and the tray in front of you with alcohol based wipes. Remember to maintain good hand hygiene too.

## Useful contacts

Anaphylaxis UK: [www.anaphylaxis.org.uk](http://www.anaphylaxis.org.uk) Email: [info@anaphylaxis.org.uk](mailto:info@anaphylaxis.org.uk)  
Helpline: 01252 542 029

Allergy UK: [www.allergyuk.org](http://www.allergyuk.org) Email: [info@allergyuk.org](mailto:info@allergyuk.org)  
Helpline: 01322 619 898

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔  
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل  
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿੱਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।  
Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email [equality@uhl-tr.nhs.uk](mailto:equality@uhl-tr.nhs.uk)