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Travel advice if you have a severe allergy

Asthma and Allergy Department

Information for Patients

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Introduction

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

Your medicine checklist

- If you have been prescribed an adrenaline auto-injector (pen), you should practice regularly with a trainer device. This is so you are confident is using it. Show family and friends how to use it too.
- Make sure you have 2 adrenaline pens and antihistamines with you at all times. If you are flying, they must be kept in your hand luggage. Do not put it in the luggage hold.
- Check the expiry dates on your adrenaline pens. Give yourself plenty of time to get a new prescription if your medicine is due to become out of date while you are away.
- Register for the Expiry Alert Service for your adrenaline pen. You do this through the company website or smart phone app. This gives you 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).

Destination checklist

You should:

- 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. 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

Other useful advice and information

- Tell the airline before you travel if you have a nut allergy. Ask for the removal of nut snacks on flight.
- Make sure you wear a Medic Alert so people know that you have an allergy or if you are having 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

Email: info@anaphylaxis.org.uk
Helpline: 01252 542 029

Allergy UK: www.allergyuk.org

Email: info@allergyuk.org
Helpline: 01322 619 898

Health information and support is available at www.nhs.uk or call 111 for non-emergency medical advice
Visit www.uhleicester.nhs.uk for maps and information about visiting Leicester's Hospitals.
To give feedback about this information sheet, contact uhl-tr.informationforpatientsmailbox@nhs.net

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہِ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।
إذا كنت ترغب في الحصول على هذه المعلومات بلغةٍ أُخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો.

If you would like this information in another language or format such as EasyRead
or Braille, please telephone 0116 250 2959 or email uhl-tr.equalitymailbox@nhs.net

We are a research hospital and you may be asked to take part in research

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