

Travel Plan

FOR PEOPLE AT RISK OF ANAPHYLAXIS (SEVERE ALLERGY)

Name: *(as shown in passport)*

Date of birth:

Allergens to be avoided:

For other details refer to the attached Action Plan for Anaphylaxis.

Travel plan prepared by:

Dr. _____

Signed _____

Date: _____

Additional information:

This person is highly allergic and is at risk of a severe, life threatening allergic reaction (anaphylaxis) if accidentally exposed to the trigger/s which cause their allergic reaction/s.

Because of the potential for anaphylaxis, one or more adrenaline auto-injectors (such as EpiPen® or EpiPen® Jr) and a copy of their Action Plan should be available and easily accessible at all times for this person while travelling, together with a safe supply of food and liquids appropriate for the travel period.

Administration of an adrenaline auto-injector is the first line treatment for anaphylaxis.

Adrenaline auto-injectors contain a fixed, single dose of adrenaline.
In an emergency a person at risk of anaphylaxis requires immediate administration of adrenaline, according to their Action Plan for Anaphylaxis (attached), which can be life saving.

Adrenaline auto-injectors must be carried on all airline flights in hand luggage or on the person.

The luggage hold of an aircraft is NOT an appropriate place for this emergency medication to be stored as the adrenaline auto-injector device:

- needs to be available if required during the flight
- can be broken with rough handling
- may be lost if luggage goes astray
- should not be subjected to temperature fluctuations.