



### THIS PLAN IS TO BE USED WITH AN ASCIA ACTION PLAN FOR ANAPHYLAXIS

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

Date of birth: DD / MM / YYYY

Confirmed allergen(s): \_\_\_\_\_

Family/emergency contact(s):

1. \_\_\_\_\_ Mobile: \_\_\_\_\_

2. \_\_\_\_\_ Mobile: \_\_\_\_\_

Travel plan prepared by: \_\_\_\_\_ (doctor or nurse practitioner)

Signed: \_\_\_\_\_ Date: DD / MM / YYYY

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

### THIS PERSON IS AT RISK OF ANAPHYLAXIS IF EXPOSED TO THEIR CONFIRMED ALLERGEN/S

- Due to the potential for anaphylaxis, one or more adrenaline (epinephrine) injectors and a copy of their **ASCIA Action Plan for Anaphylaxis** should be available and easily accessible at all times for this person while travelling.
- This person may need to carry a safe supply of food and liquids (enough for the travel period) in their hand luggage. This can help them to avoid accidental exposure to their confirmed allergen/s.

### ADRENALINE INJECTORS MUST BE CARRIED 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, due to the reasons listed below.

Adrenaline injector devices:

- Need to be readily 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.

### ADRENALINE IS THE FIRST LINE TREATMENT FOR ANAPHYLAXIS

- Adrenaline injectors contain a single, fixed dose of adrenaline which is injected into the outer mid-thigh muscle.
- In an emergency the person at risk of having anaphylaxis requires immediate treatment with adrenaline, which can be lifesaving.
- If treatment with adrenaline is delayed, this can result in fatal anaphylaxis.
- Adrenaline should be given according to the attached **ASCIA Action Plan for Anaphylaxis**.

### EMERGENCY PHONE NUMBERS

When overseas (outside of Australia and New Zealand):

- Check the local emergency number.
- In some countries 112 can be dialled in an emergency.