



THINGS TO KNOW BEFORE YOU GO

# TRAVEL TIPS



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Whether you dream of sunny beaches or snowy ski slopes, you'll likely be thinking about taking a vacation somewhere this year. But when you or your child has a life-threatening (severe) allergy, it may seem hard to make those travel dreams a reality. The good news: with some additional planning, you can enjoy a memorable trip knowing you have taken steps to avoid your allergic triggers and are prepared should a life-threatening allergic reaction (anaphylaxis) occur.

## BEFORE YOU GO



### SELECT THE SPACE

Consider renting a house or staying in a hotel room with a kitchen. This gives you more control over food options and preparation.



### ACCESS AN AGENT

Given the rise in food allergies, many travel agents are now accustomed to accommodating people at risk for anaphylaxis.



### RESEARCH THE DESTINATION

No matter where you travel, make sure to learn all you can about the destination so you know how/where to get help if you need it. If you're visiting a foreign country, translate the names of your allergic triggers onto cards that you carry with you. Learn the best way to get emergency help – 911 may not be available everywhere.



### DOWNLOAD HELPFUL APPS

There are many resources to help with travel planning. For example, check out the My EpiPlan™ App, which has travel tips, instruction videos and helpful expiration reminders, especially for those with life-threatening allergies.

## ON YOUR WAY



### COUNT ON YOUR CARRY-ON

Wear a medical ID and keep EpiPen® (epinephrine) Auto-Injectors in original packaging, along with a copy of your anaphylaxis action plan and a note from your doctor in your carry-on bag so you always have them with you.



### ALERT THE AIRLINE

Tell airline staff at the gate and on the plane about any food allergies. Although airlines cannot guarantee your flight will be completely free of your allergic triggers, they may ask passengers seated around you to refrain from eating them.



### STOCK UP

Road trips make it easy to bring any special foods you need (or like) that may not be available at your destination - or ship some supplies ahead.



### RING YOUR RESTAURANT

Before choosing where to eat, call ahead to learn about the restaurant's food allergy policy and to ensure they can accommodate your needs, especially during peak periods and holidays.



### BEE PREPARED

If you're allergic to stinging insects, try to avoid bright colors and perfume, as well as loose-fitting clothing that can trap bees. Remember that unpackaged and uncovered foods and drinks can attract bees.



### CARRY YOUR EPIPEN® (EPINEPHRINE) AUTO-INJECTORS

Since accidental exposure to allergens can happen, it is important to have an anaphylaxis action plan that includes knowing what symptoms to watch for, having access to two epinephrine auto-injectors and seeking immediate emergency medical care if anaphylaxis occurs.

## WHILE YOU'RE THERE

## BON VOYAGE



With proper planning, due diligence and continued allergen avoidance, it'll be smooth sailing for a memorable vacation!

These tips are intended for general knowledge only and are not a substitute for professional medical advice from your own health care provider.

For more information about EpiPen Auto-Injector and anaphylaxis, visit [EpiPen.com](http://EpiPen.com).

### Indications

EpiPen® (epinephrine) 0.3 mg and EpiPen Jr® (epinephrine) 0.15 mg Auto-Injectors are for the emergency treatment of life-threatening allergic reactions (anaphylaxis) caused by allergens, exercise, or unknown triggers; and for people who are at increased risk for these reactions. EpiPen and EpiPen Jr are intended for immediate self administration as emergency supportive therapy only. Seek immediate emergency medical treatment after use.

### Important Safety Information

EpiPen Auto-Injectors contain a single dose of epinephrine, which you inject into your outer thigh. **DO NOT INJECT INTO YOUR VEIN, BUTTOCK, FINGERS, TOES, HANDS OR FEET.** In case of accidental injection, please seek immediate medical treatment. Epinephrine should be used with caution if you have heart disease or are taking certain medicines that can cause heart-related (cardiac) symptoms.

Tell your doctor if you have certain medical conditions such as asthma, depression, thyroid disease, Parkinson's disease, diabetes, high blood pressure and heart disease, have any other medical conditions, are pregnant or plan to become pregnant, or are breastfeeding or plan to breastfeed. Be sure to also tell your doctor all the medicines you take, especially medicines for asthma. **If you have certain medical conditions, or take certain medicines, your condition may get worse or you may have longer lasting side effects when you take the EpiPen or EpiPen Jr Auto-Injector.**

The most common side effects may include increase in heart rate, stronger or irregular heartbeat, sweating, nausea and vomiting, difficulty breathing, paleness, dizziness, weakness or shakiness, headache, apprehension, nervousness or anxiety. These side effects usually go away quickly, especially if you rest.

Talk to your healthcare professional to see if EpiPen or EpiPen Jr Auto-Injector is right for you.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch) or call 1-800-FDA-1088.

Please [click here](#) for the full Prescribing Information.

Please [click here](#) for the Patient Information.

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