

# When Abroad



## Your Medication



Make sure you have your medication with you **AT ALL TIMES**

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When you have arrived at your destination there are various ways that you can carry your Adrenaline Auto-Injectors discreetly. However, make sure you let whoever you are travelling with know where they are and how to use them if a reaction occurs

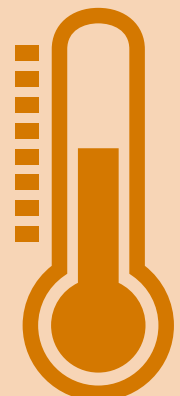


Make sure those you are travelling with are aware of the symptoms of anaphylaxis. Please see our Anaphylaxis factsheet for more information

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### Store your adrenaline auto-injector correctly

- Do not leave adrenaline pens in direct sunlight. Excessive heat or light can cause the adrenaline to turn brown
- Alternatively, do not subject your adrenaline auto-injectors to cold temperatures. For EpiPen devices, there is additional instruction to not refrigerate the device
- Bags are available to maintain medication at a correct temperature. Please refer to the patient information leaflet accompanying your device



# Eating Out

- When eating out make sure the person preparing the food knows about your allergies
- Stick to plain, simple foods without sauces and dressings
- If you are unsure about whether a food contains an ingredient you are allergic to, don't risk it
- Don't assume safe foods sold in another country are free from your allergens
- Whether you are purchasing food from a supermarket, a restaurant or elsewhere, check the ingredients
- Take some safe, non-perishable snacks with you
- If there is a "may contain" label that mentions your allergen, find an alternative.
- Remember that alcohol can impair your judgement and can speed up an allergic reaction

