

# Travel Plan

FOR PEOPLE AT RISK OF ANAPHYLAXIS  
(SEVERE ALLERGIC REACTION)



Name: (as shown on passport)

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Date of birth: \_\_\_\_\_

Confirmed allergens:

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For other details refer to the attached ASCIA Plan for Anaphylaxis

Travel plan prepared by:

Dr. \_\_\_\_\_

Signed \_\_\_\_\_

Date: \_\_\_\_\_

Additional information:

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**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 causes their allergic reaction/s.**

Because of the potential for anaphylaxis, one or more adrenaline autoinjectors and a copy of their ASCIA Action Plan for Anaphylaxis 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 autoinjector is the first line treatment for anaphylaxis.**

Adrenaline autoinjectors contain a single, fixed 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 autoinjectors 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 autoinjector 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.