

ASCIA Travel Plan for People at Risk of Anaphylaxis 2023 – What’s New?

ASCIA has developed new 2023 versions of red **ASCIA Travel Plan for People at Risk of Anaphylaxis** for use with the **ASCIA Action Plan for Anaphylaxis**, to improve ease of use, which are available from June 2023 onwards. This is the first major formatting change in 20 years, since ASCIA Action Plans for Anaphylaxis were first introduced in 2003.



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: _____

← Patient specific details are all completed in this top section

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.

← Information about carrying adrenaline and a safe supply of food or drinks has been expanded

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.

← Information about adrenaline injectors is unchanged

ADRENALINE IS THE FIRST LINE TREATMENT FOR ANAPHYLAXIS

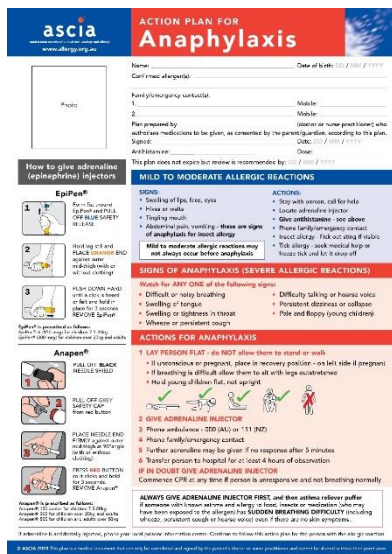
- Adrenaline injectors contain a single, fixed dose of adrenaline which is injected into the outer mid-thigh muscle.
- In an emergency the person at risk of having anaphylaxis requires immediate treatment with adrenaline, which can be lifesaving.
- If treatment with adrenaline is delayed, this can result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

← Information about treatment of anaphylaxis with adrenaline and emergency phone numbers has been expanded

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.

© ASCIA 2023 This plan should be used with an ASCIA Action Plan for Anaphylaxis.



← The ASCIA Travel Plan for People at Risk of Anaphylaxis has been developed for use with the ASCIA Action Plan for Anaphylaxis which includes adrenaline injector instructions