

Travel Plan

FOR PEOPLE AT RISK OF ANAPHYLAXIS
(SEVERE ALLERGIC REACTION)



Name: (as shown on passport)

Date of birth: _____

Confirmed allergens:

**For other details refer to the attached
ASCIA Action Plan for Anaphylaxis**

Travel plan prepared by a doctor or
nurse practitioner:

Signed: _____

Date: _____

Additional information:

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.

Due to the potential for anaphylaxis, one or more adrenaline (epinephrine) 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. They may also need to have 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, which can be lifesaving. This treatment should be given according to the attached ASCIA Action Plan for Anaphylaxis.

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, due to the reasons listed below.

Adrenaline autoinjector 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.