

Latex Allergy Check List

- ✓ **Wear Medical Alert Identification**
- ✓ **Carry with you at all times:**
 - ◆ **Medications, as prescribed by your allergist (including epi-pen, antihistamine, inhaler/albuterol)**
 - ◆ **Non-latex gloves**
 - ◆ **Letter from your allergist regarding your latex allergy status**
- ✓ **Notify the following of your latex allergy and other pertinent information:**
 - ◆ **EMS**
 - ◆ **Medical / dental providers**
 - ◆ **Family members, friends, employer and co-workers**
- ✓ **Avoid:**
 - ◆ **Natural rubber latex gloves, balloons, condoms and other natural rubber products**
- ✓ **Be Aware of and consult with your allergist regarding:**
 - ◆ **Proper use of all medications**
 - ◆ **“Hidden” latex on food prepared with latex gloves**
 - ◆ **Lactiferous plants that may have cross reactive proteins**
 - ◆ **Foods with cross reactive proteins to natural rubber (banana, avocado, kiwi, chestnut)**
- ✓ **Carry a list of medications as prescribed by your allergist**
- ✓ **Any additional information from your allergist**