

Check List for the Latex Allergic Patron in Restaurants/Grocers/Food Service

Everyday activities like eating out in restaurants or going grocery shopping can be challenging with a latex allergy. With proper communication and preparation you can safely avoid latex in restaurants, grocers and food service.

1. Plan ahead. Identify your restaurant/grocer/food service facility.
2. Call and ask for a manager to discuss natural rubber latex use in their facility.
 - Verify if they have an allergy & anaphylaxis policy.
 - Verify if they use latex gloves anywhere in the facility.
 - Verify if they allow latex balloons in the facility.
 - Inform them that this is an **ALLERGY** not a **PREFERENCE**.
3. Upon arrival verify again with the manager if there are any latex gloves or balloons present.
4. Advise those serving you of your latex allergy and clearly explain – NO latex gloves or cross-reactive foods you must avoid. Make sure the people you are with know about your allergy, how to recognize symptoms of a reaction and how to treat the symptoms with an epinephrine auto-injector.
5. Always wear your Medical ID bracelet.
6. Always carry your latex allergy action plan that you developed with your allergist.
<http://latexallergyresources.org/articles/latex-allergy-action-plan>
7. If you have an anaphylactic reaction while at a restaurant/grocer/food service
 - Administer your epinephrine auto-injector immediately
 - Call 911
 - Follow up with a board-certified allergist for accurate diagnosis and prevention/treatment plan
8. Keep two epinephrine auto-injectors on hand, in case symptoms recur before emergency medical assistance is available. Up to 35% of people will require more than one dose.
9. If you encounter a problem at a Restaurant/ Grocer/ Food Service facility. Report the problem to the manager or owner. ALAA has a template letter and educational resources you can provide to help them make their facility a safe environment.
10. Be aware and prepared to help have a safe and enjoyable experience.

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Additional resources available:



www.latexallergyresources.org

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