Latex Allergy Check List

✔ Wear Medical Identification

✔ Carry with you at all times:
  ♦ Medications, as prescribed by your allergist (including anaphylaxis medications: EpiPen® (epinephrine) Auto-Injector, carry 2 doses; allergy medications: antihistamine, asthma medications: inhaler/albuterol)
  ♦ Non-latex gloves
  ♦ Latex Allergy Action Plan developed with your allergist.

✔ 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

AllergyAsthmaNetwork.org
©2017 Allergy & Asthma Network