

# Latex Allergy Check List

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- ✓ 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