

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