

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. Identify your Restaurant/Grocer/Food Service Facility
2. Call Ahead – 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 there facility.
 - Verify if they have or allow latex balloons in there facility
 - Inform them that this is an ALLERGY not a PREFERENCE.
3. At the Restaurant/Grocer/Food Service facility verify again with the manager if there are any latex gloves or latex balloons present.
4. Advise those serving you of your latex allergy; and clearly stating NO Latex Gloves and the cross reactive foods you must avoid. Make sure the people you are with know about your allergy and how to treat you.
5. Always wear your Medical ID bracelet.
6. Always carry your Latex Allergy Action Plan; that you have developed with your allergist.
<http://latexallergyresources.org/articles/latex-allergy-action-plan>
7. Always carry two of your auto epinephrine injectors and allergy medications with you at all times.
8. ALAA has educational resources on our website <http://latexallergyresources.org/articles-and-brochures> on how to stay latex safe in Restaurants/Grocers/Food Service. Always plan ahead.
9. If you have an anaphylaxis reaction while at a Restaurant/Grocer/Food Service
 - Administer your epinephrine
 - Call 911
 - Follow your Latex Allergy Action Plan
10. 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 you can customize <http://www.latexallergyresources.org> and educational resources that you can provide to them to help them make their facility a safe environment.

Planning ahead, using effective communication, and being aware of your environment, can help you have a safe experience.

www.latexallergyresources.org