

Anaphylaxis Checklist for interstate and overseas travel



Preparing for interstate and overseas travel

This checklist aims to guide schools when planning for interstate and overseas travel. This should be completed as the risk management plan for the activity is developed. The checklist may be adapted as template for school protocols.

Planning

Some travel is riskier for students at risk of anaphylaxis.

- Travel to non-English-speaking countries and to remote places with poor access to health services carry greater risks for individuals at risk of anaphylaxis.
- For individuals with food allergies some countries pose greater risks due to the nature of their cuisine. Travel is riskier for students with multiple food allergies and allergies to common foods such as milk (dairy) or wheat.

General

- Identify students at risk of anaphylaxis. Are there food allergies that need to be managed?
- Meet with students and their families early in the planning process. The individual anaphylaxis care plan should be updated during this meeting.
- Which countries and locations will you visit?
- Will a school nurse or paramedic accompany the trip?

Travel

- Consider which airline the school will use. What is the airline policy about passengers with food allergy, and airline staff first aid training? Does the airline require specific paperwork completed? For more information see Allergy & Anaphylaxis Australia's Airline policy comparison <https://allergyfacts.org.au/airline-policy-comparison-for-food-allergies/>.

- Develop a plan for meals, snacks and drinks when in transit. It is recommended that students bring their own food and drinks to consume while in transit. (See day to day management while in transit and away).
- Can students with food allergies bring suitable snacks and pre-prepared meals from home to consume while away? Will students bringing their own food need to purchase extra baggage?
- Ensure students with allergies know to carry their emergency medication when in transit.

Accommodation and meal preparation

- What type of accommodation will be used?
- Will students with food allergy have access to refrigeration to store their own food?
- Will meals be catered for?
- Are there facilities to self-cater for simple meals? Who will be responsible for purchasing food / groceries?
- Will students be required to choose from menus at restaurants? Who will be responsible for communicating with food service providers? Can the school contact the restaurant in advance, obtain a copy of the menu and communicate dietary needs?

Travel insurance and proximity to health care

- Is anaphylaxis covered in the school travel insurance? Does the student need to purchase additional travel insurance?
- What standard of healthcare does the destination country have?
- Will there be any language barriers? How will this be managed during an emergency?
- How far will the tour group be from a suitable hospital?
 - Record the local emergency number for medical services at the destination.
 - Identify the nearest suitable medical centres or hospital.



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Staffing and Staff training

- Consider appropriate staff to student ratios for the tour based on the student cohort.
- Will the school employ a third-party provider such as a tour operator?
 - Is the tour operator responsible for meal / snack provision?
 - Will the tour operator have any responsibility for healthcare provision?
 - What experience or training does the tour operator have?
- School staff on the tour must have current first aid training consistent with state / territory requirements.
- School staff on the tour must have up to date anaphylaxis training including hands on practice with adrenaline trainer devices.
- Assign specific staff to be responsible for the day-to-day primary care of the students at risk of anaphylaxis.
- For students with food allergy, staff should have up to date *All about Allergens for Schools* online food allergen management training.

Emergency management and medication

- Plan for staff to always carry a fully charged phone with international coverage. Pre-program emergency service numbers and emergency contact information into this phone.
- How many general use adrenaline devices will the school take on the trip?
- Note that adrenaline devices may not be able to be purchased while overseas.
- Check adrenaline devices and medications will remain in date while away.
- Which staff member(s) will carry the general use adrenaline devices?
- Develop a plan for storage and temperature control of adrenaline devices while away.

Just before traveling

Students at risk of anaphylaxis should provide:

- An up to date ASCIA Action Plan.
- At least two personal adrenaline devices (in date for duration of travel).
- Any other required medication (in date for duration of travel).
- Any medical documentation required for the school's travel insurance.
- An ASCIA Travel plan.
- Translations of allergies into local language. Consider electronic copies (audio or visual), saved on phones. For food allergy this may be using chef cards.
- ASCIA Action Plan translations into local language to help emergency services understand steps taken.

All students:

- Plan education for other students in the group. This may include reminders not to share food or drink, what to do if their friend is unwell, and anaphylaxis first aid training, including adrenaline device training.

Day-to-day management while in transit and while overseas

- A staff member should be responsible for checking that the student has their emergency medication, ASCIA Action Plans etc when they arrive at the airport and day to day.
- Adrenaline devices and ASCIA Action Plans must be packed in carry-on luggage and within reach during the flight.
- Know who will carry adrenaline devices (personal and general use), other medication and ASCIA Action Plans.
- Students with food allergy should bring their own pre-packed meals and snacks (do not rely on airline food or food purchased in transit).

