Your Latex Allergy Check List

☐ Wear Medical Identification Medic Alert indicating '(Severely) allergic to natural rubber latex'

Carry with you at all times:

☐ Medications, as prescribed by your allergist in case of an allergic reaction. This may include Epinephrine Auto-Injector (carry 2 doses), antihistamines and salbutamol inhaler.

☐ Non-latex gloves

☐ Letter from your allergist regarding your latex allergy status

☐ Notify the following Care Providers of your latex allergy. **ESPECIALLY if you are undergoing an Operation, Internal examination, X-ray procedure or Catheterization** of any kind

- Paramedics/ Hospital/ Family Doctor/ Nurse Practitioner/ Physician Assistant Nurses / Midwife / Dentist / Dental Hygienist / Dental Assistant / Pharmacist / Radiologist / Specialist/ OBGYN, Chiropodiatrist Physiotherapist, Occupational Therapist

Remind front end reception of your Latex Allergy

☐ Remember to also notify and remind your Hairdresser/ Beautician / Employer/ Coworkers / /Garage (servicing) / School / Friends / Relatives/ Daycares

☐ Carry a list of your medications prescribed by your Primary Care Team, Specialist(s) or Allergist and include self-selected medications (eg. over-the-counter medications, natural and herbal medicines, vitamins and minerals)

☐ Any additional information from your Primary Care Team or Allergist

**Avoid:**

☐ Natural rubber latex gloves, balloons, condoms and other natural rubber products

☐ “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)