

Allergy Management Advice for Traveling

Date: [Insert Date]

Dear [Recipient's Name],

As you prepare for your upcoming travels, it's important to prioritize your health and safety, especially if you have allergies. Below are some essential tips to manage your allergies while traveling:

Before You Travel:

- Consult your allergist for a travel plan and ensure all medications are up to date.
- Pack a sufficient supply of allergy medication, including an EpiPen if prescribed.
- Research your destination for allergen-free food options and medical facilities.

During Your Travels:

- Inform airline staff and hotel personnel about your allergies beforehand.
- Carry a card that lists your allergens and emergency contacts in the local language.
- Avoid street food and unfamiliar cuisines that may contain allergens.

On Arrival:

- Check your accommodations for cleanliness and potential allergens.
- Keep medications accessible and be aware of the nearest medical facility.

If you have any questions or require further assistance, feel free to reach out. Wishing you safe and enjoyable travels!

Sincerely,

[Your Name]

[Your Contact Information]