TIPS FOR A SAFE AND SUCCESSFUL HOLIDAY

The following tips are important for the success of your vacation:

✓ the Italian name of epinephrine is **adrenalina**
✓ you must always remember to carry your autoinjector with you because you would need a medical prescription to buy it in Italy (Italian autoinjector are FastJekt and Jext)
✓ you must read ingredient labels every time you buy a product or you order a dish from a menu
✓ you must bring a note explaining your food allergies
✓ you must always inform restaurants, bars, caterers etc… about your food allergy
✓ you must ask caterers if there are allergens present in dishes that are being prepared
✓ you must order simple dishes with few ingredients to avoid the risk of cross contamination
✓ you must ask caterers to clean thoroughly work areas, surfaces, serving areas, hands, utensils and equipment to remove traces of food allergens
✓ you must not order fried food at restaurants
✓ you must not order stuffed pasta at restaurants
✓ you must avoid buffet
✓ you have to be careful with icecreams and cakes
✓ you must call the health emergency number 118 in case of reaction