

## 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 Jekt)
- ✓ 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 carefull with icecreams and cakes
- ✓ you must call the health emergency number 118 in case of reaction