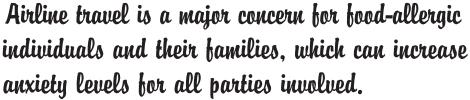


Airlines & Food Allergies



It's vital for travelers to be aware and prepared when it comes to traveling safely. A study identified steps airline passengers can take that may prove beneficial in helping to reduce the risk of an in-flight reaction to peanuts and tree nuts:

- Make accommodation requests to the airlines
- Wipe personal tray tables
- Avoid the use of airline-provided pillows or blankets
- Request that other passengers not consume peanut/tree nut-containing products
- Do not consume airline-provided foods

How can airlines also help reduce the risk for travelers?

- **l.** Have a clear policy that's posted on the website and train all employees on how to address and accommodate those with food allergies.
- **2.** Refer travelers to FAACT's resources, so they can learn how to increase their safety while traveling.
- **3.** Properly train attendants and staff on food allergy safety. This includes how to help prevent a reaction, but also how to respond to an anaphylactic emergency.
- **4.** Allow early boarding for those with food allergies. This will allow travelers extra time to wipe down their seats, tray tables, armrests, seat belts, and surrounding areas before taking flight.
- **5.** Make sure the passenger's luggage containing their emergency medication can be stored close to them.





Airlines & Food Allergies (cont.)



- **6.** Notify surrounding passengers about the allergy, and ask if they mind refraining from eating the allergen during the trip. Allow seats to be changed if needed.
- **7.** Consider avoiding the sale or distribution of the allergen during that flight.
- **8.** If travelers request blankets, pillows or magazines, inform them that the allergen may be present on those items.
- **9.** Have the attendants kindly introduce themselves before take-off, letting the travelers know they are aware of the allergy and are available to contact with any concerns.
- 10. Always encourage exiting travelers to remove their trash, and have attendants clean up any trash that may have been left behind.
- II. Consider having emergency epinephrine available on each aircraft.

Food allergies continue to increase and allergic reactions have happened to those with no known history of an allergy.

By having a clear and consistent plan, you'll help prepare your staff for accommodating those with food allergies and know how to respond to any anaphylactic emergencies.

Reference: International Study of Risk-Mitigating Factors and In-Flight Allergic Reactions to Peanut and Tree Nut. https://www.ncbi.nlm.nih.gov/pubmed/24565458

For more information visit: FoodAllergyAwareness.org

