

HAVE A GOOD TRIP!

<http://www.comunidad.madrid/servicios/salud/viajar-alergias-alimentarias>



You can also visit:

www.comunidad.madrid/servicios/salud/alimentacion



Comunidad
de Madrid

Dirección General de Salud Pública
CONSEJERÍA DE SANIDAD

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Comunidad de Madrid

VISITING MADRID WITH FOOD ALLERGIES

Tips to enjoy your stay in Madrid



Food allergy should not become a limit.

This guide will help you plan your trip ahead of time, so that your visit to Madrid is safe and calm even if you have a food allergy or intolerance.



Medications and information about your allergy

BRING A KIT WITH ALL YOUR MEDICATIONS.

- Keep your drugs in their original packaging, with intact label (antihistaminic, bronchodilator agents...).
- Be sure to bring few extra epinephrine auto-injectors just in case.
- Check the expiry dates of your medicines before you travel.

BRING AN EMERGENCY CARE PLAN.

- In the event of an emergency, this Plan will inform your travel companions and medical staff at our destiny about your allergies and how to treat it. Be sure to bring extra copies with you.



CARRY WITH YOU A LETTER FROM YOUR ALLERGIIST

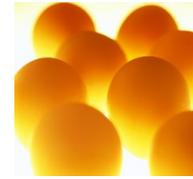
- It will inform those around you about the need to take your medication with you. You might need it, for example at the airport security checkpoints, to bring the medication on board the aircraft.

LET YOUR TRAVEL COMPANIONS KNOW ABOUT YOUR ALLERGIES.

- Let your travel companions know about your allergies so they know what to do in case of an emergency, where your auto-injectors (and the emergency care plan) are located, and how to give epinephrine.
- Always inform the travel agency, the flight crew and your hotel staff in Madrid about your allergy (especially if breakfast or other meals are included). Carry the "[Food allergy card](#)" that outlines the foods you must avoid, and show it to the wait staff. Make sure your server understands what you are allergic to. Leave it on your table in a visible way.



THE 14 ALLERGENS



EGGS AND PRODUCTS THEREOF.



MUSTARD AND PRODUCTS THEREOF.



SOYBEANS AND PRODUCTS THEREOF.



SULPHUR DIOXIDE AND SULPHITES AT CONCENTRATIONS OF MORE THAN 10 MG/KG OR 10 MG/LITRE IN TERMS OF THE TOTAL SO 2.



FISH AND PRODUCTS THEREOF.



CELERY AND PRODUCTS THEREOF.



SESAME SEEDS AND PRODUCTS THEREOF.

THE 14 ALLERGENS

MILK AND PRODUCTS THEREOF (INCLUDING LACTOSE).



CEREALS CONTAINING GLUTEN: WHEAT, SPELT WHEAT, KHORASAN WHEAT, RYE, BARLEY, OATS OR THEIR HYBRIDISED STRAINS, AND PRODUCTS THEREOF.



PEANUTS AND PRODUCTS THEREOF.



NUTS: ALMONDS, HAZELNUTS, WALNUTS , CASHEWS, PECAN NUTS, BRAZIL NUTS, PISTACHIO NUTS, MACADAMIA OR QUEENSLAND NUTS AND PRODUCTS THEREOF.



CRUSTACEANS AND PRODUCTS THEREOF.



MOLLUSCS AND PRODUCTS THEREOF.



LUPIN AND PRODUCTS THEREOF.

WHEN IN DOUBT,
DON'T EAT IT

*Emergency action*

CALL THE EMERGENCY NUMBER 112.

- Accurately identify your location to the ambulance to inform the ambulance service staff.

GIVE EPINEPHRINE IMMEDIATELY.

FIND OUT WHERE THE NEAREST HOSPITALS ARE.

Allergen information

THE 14 ALLERGENS WHICH NEED TO BE DECLARED WHEN USED AS INGREDIENTS.

- In the EU, consumers must be informed if any of the **14 allergens** are present in food.
- If you are allergic to any another ingredient, make sure your food does not contain it and when in doubt, do not eat it.

WHEN BUYING PACKAGED FOOD,
CHECK THE LABEL.



- The 14 allergens must be highlighted in the **ingredients list**. For example, in **bold**, *italics*, underlined or in a **different colour**. Some foods don't have a list of ingredients. In that case, on the label will appear '**contains**' followed by the name of the **allergen**.
- Sometimes, if the presence of allergens in food is unavoidable and there is a risk of a food product being affected by allergen cross-contamination, the label will include an advisory statement such as "may contain *egg*".



EATING IN RESTAURANTES.
NON-PREPACKED FOOD.

- Information about the **14 allergens** will be available:
 - **In written form** (via a receipt, leaflet, menu or other printed material...), or
 - only **verbally**, verbally upon request but the written information must be available should a customer or an enforcement officer ask to see it. If you choose to provide the information verbally, you must display notices prominently informing customers of this.
- Show the food allergy card to the wait staff and make sure your server understands what you are allergic to. When in doubt, **don't hesitate to ask**.
- When selecting your meal, keep it simple. If you have to ask complicated questions about the items on a menu, simple fare may be the safest. Be sure to ask what is in your dish and how is it prepared.