

Script – Print – Pack smart for an allergy-safe vacation

Stephanie Amor-Arteaga, nurse practitioner, OSF HealthCare

"The best way to prepare for a vacation is to plan if you have allergies. You want to make sure that you have enough medication, you've gotten your refills from your provider, and you have enough to last you through the trip. Make sure everybody around you is aware of the allergies and what you have with you." (:19)

Stephanie Amor-Arteaga, nurse practitioner, OSF HealthCare

"If you have a food allergy, the best way to navigate that at a restaurant is to let the staff know about your allergy before you even start to order the food. I have a daughter with a food allergy, so I make sure to carry snacks that she's able to eat in case that restaurant does not have any options for her." (:19)

Stephanie Amor-Arteaga, nurse practitioner, OSF HealthCare

"I just wanted to make sure there was no cross contamination, but they were very good about it. Most places are good about managing food allergies because they are common, unfortunately." (:10)

Stephanie Amor-Arteaga, nurse practitioner, OSF HealthCare

"Allergies affect our lives, and it may be a bummer for some, but it should not affect a vacation if you plan and get everything in order so that you can enjoy time with everybody." (:11)