Patient Name:

Date of birth:

xx/xx/xxxx

To Whom It May Concern:

The above-named individual is my patient, and he suffers from a life-threatening food allergy to peanut requiring strict dietary avoidance and a restricted diet. THERE IS A RISK FOR ANAPHYLAXIS if the wrong food is ingested. Patients with food allergies need to carry their own food and beverages and emergency medication while traveling.

Anaphylaxis is a severe allergic reaction that makes it medically necessary for my patient/their parent to carry EpiPen or Auvi-Q, which are auto-injectors of epinephrine, and antihistamines (for example, liquid Benadryl and or Zyrtec) at all times. Epinephrine autoinjectors are prescribed by a licensed medical professional.

My patient must always have these life-saving medications, especially during times of travel away from home. In the event of exposure, a severe allergic reaction may occur. Every minute is critical in using this medication to treat the allergic reaction and to prevent a life-threatening reaction. Further information is available in the emergency action plan I have provided.

Please allow my patient to have the emergency medications, as well as his own food and beverages available at all times during travel.

Please feel free to call the office at 212-555-XXXX with any additional questions.

Sincerely,