



Managing eosinophilic esophagitis at work

Managing your eosinophilic esophagitis (EoE) at work is an important part of living a healthy life with the condition. The good news is that many employers will work with you to make you feel comfortable and safe on the job. Also, the Americans with Disabilities Act protects you from discrimination in the workplace.

Whether you're new on the job or have been working there for some time, here are some checklists to help you make sure your workplace is a safe place for you.

When you start a job:

- Tell your boss if you have any food allergies.
- Let your boss know about any needs you have because of your health (for example, the need for a separate space in the kitchen for your food and utensils, time off for health care provider appointments).
- Bring your own lunch until you are familiar with your workplace and where you will be eating.
- Talk with cafeteria staff about your needs if your workplace prepares food on-site. They can tell you how the food is prepared and what they can do to provide you with safe food.
- Request accommodations formally if you need them. Ask your boss or human resources department, who can help you with this process.
- Consider telling co-workers about the foods you can and can't eat and letting them know how they can help.



When you attend workplace lunches, holiday or retirement parties, or other celebrations:

- Let the function organizer know about the foods you can and can't eat.
- Consider writing up a quick document that explains what you can and can't eat, local restaurants that can provide you with safe options, and other things that people planning events need to know. This is something you can use over and over again when attending workplace events.
- Call ahead if the event is at a restaurant, let restaurant staff know about your needs and ask if they can provide you with safe options.
- Bring a safe meal option to potluck events so that you'll have something you know you can eat.
- Try one of these options if you're unsure about the safety of the food at the event:
 - Eat before the event.
 - Bring your own food.
 - Skip the event altogether.

When you travel off-site for business meetings, conferences, etc.:

- Let the meeting organizer know about your dietary needs.
- Pay special attention to your own needs when you're in unfamiliar situations.
- Find out if your hotel or any local restaurants are allergy friendly.
- Try to get a room with a small refrigerator and/or microwave so that you can prepare your own meals.

Whether you're attending family, school or work get-togethers, food often takes center stage. Come up with a list of fun things you can do in different social situations that don't focus on food. Here are some ideas to get you started and space for you to add your own ideas:

- Get outside — try walking, hiking or biking.
- Visit local attractions.
- Go to a movie.
- Attend local sporting events.
- Attend an outdoor concert.

