



If you have asthma and/or allergies and will be traveling, below are steps you can take to have a safe and healthy trip.

Plan Before You Travel

Prepare for medical needs:

- ✓ Refill any of your prescription medications and stock up on over-the-counter medicines, such as Zyrtec (cetirizine), Claritin (loratadine), etc.
- ✓ Create and travel with a list of your current medical conditions, medications and prescribed dosage of your medications.
- ✓ Consider wearing a medical identification bracelet if you have asthma or severe allergies.
- ✓ Check with your specialist (i.e., your allergist) to discuss travel-related risks.
- ✓ Ensure you are up-to-date on your immunizations. Get your flu shot.
- ✓ Know your health insurance policy. Familiarize yourself as to whether your plan covers emergency visits or doctor visits in other states or countries.
- ✓ If you have food allergies, be sure to inform restaurant staff about your allergies.
- ✓ Check the weather and pollen forecast of your destination.

Traveling by airline with food allergy

Call your airline and explain your medical condition to the customer service representative and find out the airline's policies on accommodations.

- ✓ Nut or food allergy: Find out if the airline has a policy for food allergies. Wipe down your seat and tray table. Inquire as to whether you can order a safe meal. Consider eating only food you have packed with you.

Hotel Stays

- ✓ Request a non-smoking, pet-free and mold free room.
- ✓ Inquire with the front desk if they offer allergy-friendly rooms.

Packing for Your Trip

- ✓ Pack your medications in their original containers with their original labels intact. It is important to always keep your medications with you, so pack them in a carry on or backpack that stays with you.
- ✓ Be sure to bring your self-injectable epinephrine—these are allowed on airplanes.
- ✓ Pack your health insurance card and a list of medications you take.
- ✓ If you have a food allergy, pack safe foods you are able to eat.

- ✓ Bring your asthma medications and equipment (spacers, inhalers, peak-flow meter, nebulizer). Inform the TSA about your nebulizer so it can be screened.
- ✓ Consider packing wipes to clean surfaces (i.e., your airline tray/food table).
- ✓ Consider packing a mask to wear which may help reduce your exposure to irritants or illnesses that can trigger your asthma or allergy symptoms.

While on Your Trip

- ✓ **Bring your emergency medications with you wherever you go.**
- ✓ Avoid exposure to tobacco smoke and vaping.
- ✓ Stay hydrated and drink plenty of fluids, particularly in warmer climates.
- ✓ Wash your hands frequently to decrease your risk of respiratory infections. Wear a mask in public areas during flu season.

Reference: www.aafa.org

Disclaimer: This information is for educational purposes only and does not replace information you receive from your health care provider. This is only a brief summary of general information. It does not include all information about conditions, illnesses, injuries, tests, procedures, treatments, therapies, discharge instructions or life-style choices that may apply to you. Talk with your health care provider for complete information about your health and treatment options. Your health care provider has the knowledge and training to provide advice that is right for you.

