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www.AsthmaCenter.com

# Allergies & Asthma Travel Tips 101

## Before Your Trip

- Visit your specialist. The physicians & staff of The Asthma Center can help you get ready by reviewing your personal Action Plan & special travel needs. For example, individuals with asthma may be unaware that nebulizers are available in extremely small, lightweight, battery-operated, & tubeless units such as the Omron MicroAir nebulizer. We can help you find the unit that's right for you!
- Prepare a list of current medical conditions (including food & medication allergies) & medications.
- For those with severe allergy/anaphylaxis, consider purchasing an Allergy Medic Alert Bracelet. *When engraving, be as specific as possible in identifying your allergies.*
- Prepare & pack sufficient quantities of prescription & over-the-counter medications including all back up medications. *Check expiration dates.*
- Research accommodations. AllerPassMD (edited & analyzed by a board certified allergist provides listings and ratings for hotel rooms & staterooms) is one resource providing ratings on Indoor & Outdoor Allergens as well as Contactants (hair & body products.) Request smoke free rooms with air filters & dust mite proof bedding when booking your lodging.
- Research restaurants. Find food allergy aware restaurants using SafeFare (created by Food Allergy Research & Education (FARE) )
- Research your vacation location regarding, air quality & environment, language, nearest medical facility, and pharmacy locations.
- Check your insurance policy regarding coverage and if applicable, purchase and review extra travel medical benefits.

## During Your Trip

- Carry your list of conditions, medications, **and emergency medications** everywhere you go.
- Avoid tobacco smoke exposure and always ask for smoke-free hotel room with air filter and dust mite proof bedding
- Use hand sanitizer and wash your hands frequently
- Know the closest emergency services or hospital locations

## After Your Trip

- Visit your specialist for follow-up care if you experienced any allergic reactions, asthma flares, and/or anaphylaxis while traveling and if necessary make adjustments to your Action Plan.
- When unpacking, ensure you returned home with all your medications and refill medications as needed.
- Note what was successful and/or unsuccessful on this trip regarding your asthma, allergies and/or sinus problems. If applicable, write online review of restaurants and/or hotel accommodations to share your experiences with others who have allergies and asthma.

## Traveling with Epinephrine (EpiPen)

- Visit your specialist if you require special documentation and to review your personal Action Plan
- When flying, request that your epinephrine be visually inspected, not scanned
- Always carry your epinephrine (do not pack in luggage which will be checked handled by others)
- Check the effective date of your epinephrine
- Know the closest emergency services or hospital locations

▪ **For more tips on traveling, visit <https://www.epipen.com/have-a-plan/traveling>.**