



Asthma Free Holiday Travel

With the holidays quickly approaching, many of us will be traveling across the country to celebrate with our families. But holiday travel can have some hidden dangers for people with asthma. Here are some important holiday travel tips to keep your asthma under control.

*Check the weather at your destination. If the climate there is different than your hometown, you may have an increased risk of asthma attacks.² Talk with your doctor to see if you need to adjust your medications before you leave on your trip.⁴

*When flying, never pack your medication in your checked luggage. All life saving medicines including allergy medication, epi pens, and inhalers should be kept with you at all times. Airlines restrict carrying on liquids.³ However, medications are exempt from this rule.³ Be sure that all of your medication is labeled and in the original packaging so that the security personnel know exactly what it is.³ All liquid medications must be declared at the security checkpoints.³

*If you are staying in a hotel, ask for a non-smoking room.⁴ If you are staying with family, be sure that they don't have any pets, smokers, construction, or other irritants that might aggravate your asthma.⁴ If they do, you may have to find another place to stay.⁴

*When checking into your room or arriving at your relatives homes, be sure to check your pillows and make sure they are not feather filled. If you are allergic to feathers, down comforters and pillows can be an asthma trigger. Request foam pillows and feather free bedding before you arrive. You may also want to bring allergy pillow covers to limit dust mite exposure.¹

*Keep your doctor's number handy and have an asthma action plan in place for any unexpected asthma flare-ups.⁴

Following these simple steps can help make your trip more enjoyable and asthma free. Have a great trip and a happy and healthy holiday season!

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¹ <http://www.mayoclinic.com/health/asthma/HQ00273> (pg 152)

² <http://www.mayoclinic.com/health/asthma/HQ00273> (pg 65)

³ <http://www.tsa.gov/travelers/airtravel/specialneeds/index.shtml>

⁴ <http://www.aaaai.org/patients/publicedmat/tips/travelingwithallergies.stm>