

Founded in 1953 and celebrating over 60 years of service, the Asthma and Allergy Foundation of America (AAFA) is the oldest and largest nonprofit patient organization dedicated to improving the quality of life for people with asthma, allergies and related conditions through education, advocacy and research. AAFA provides practical information, community-based services, support and referrals through a national network of chapters and educational support groups.

AAFA offers a free online support community to help you:

- Learn more about managing asthma and allergies
- Find support from people who understand
- Stay up to date on the latest research and treatments



Join now at [community.aafa.org](http://community.aafa.org)



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Foundation of America

## EMERGENCY INFORMATION

Name \_\_\_\_\_

Age \_\_\_\_\_

Allergies \_\_\_\_\_

Asthma  yes  no

Additional Health Issues \_\_\_\_\_

\_\_\_\_\_

Current Medicines \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Emergency Contact \_\_\_\_\_

\_\_\_\_\_

Primary Physician \_\_\_\_\_

Physician's Phone Number \_\_\_\_\_

For more detailed information and a list  
of resources, please visit [aafa.org](http://aafa.org).

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# TRAVELING WITH ASTHMA AND ALLERGIES



Follow these steps before you travel  
to help prepare for a safer, healthier trip.



Asthma and Allergy  
Foundation of America

## PLANNING your trip

- Pick up over-the-counter medicines and refill prescriptions
- Create a list of your current medical conditions, medicines, prescribing physician and dosage
- If you have asthma or severe allergies, consider wearing a medical identification bracelet
- Check with your allergist or doctor to discuss travel-related risks and to update your asthma/allergy action plan
- Get your immunizations, especially a flu shot
- Check if your health insurance plan covers doctor or emergency visits in other states or countries
- If you have food allergies, bring an allergy alert chef's card to help you alert restaurant staff
- Check the weather and pollen forecast for your destination
- Request an allergy-friendly hotel room that is non-smoking, mold-free and pet-free
- If you have a pet allergy, see if the airline allows pets to travel in the passenger cabin. If so, ask to move your seat away from any pets
- If you have a nut or food allergy, see if the airline has a policy for serving peanuts and other allergens



## PACKING for your trip

- Pack your medicines with their original labels
- Bring back-up medicines
- Always keep your medicines with you in your carry-on. The TSA allows medically-necessary liquids and medicines above the limits, but they must be screened
- If you have a severe food or insect sting allergy, be sure to bring self-injectable epinephrine
- Pack your health insurance card
- Carry a list of your medical conditions and medicines
- If you have a food allergy, pack safe foods to eat
- Pack your own allergy-proof pillow or mattress casings
- Pack your asthma equipment and consider portable nebulizers
- Pack wipes to clean surfaces such as your tray table, seat, etc.

## DURING your trip

- Always carry your emergency medicines
- Know the nearest medical treatment locations
- Avoid exposure to tobacco smoke
- Stay hydrated and drink plenty of fluids
- Reduce your risk of respiratory infections by frequent hand washing and use of hand sanitizers
- Travel by car: travel with your windows up, and AC on to reduce your exposure to pollen and irritants in the air. Warning: some allergy medicines cause drowsiness, so be sure you are okay to drive
- Travel by plane: pre-board to wipe down your armrests and tables. Avoid using airline pillows or blankets

