

# TRAVEL

## HOLIDAYING WITH ASTHMA



Make sure your personalised Asthma Action Plan is up to date and that you take it with you when you travel.

### BEFORE YOU GO

- Make sure your asthma is going as well as possible before you leave.
- See your doctor for an asthma check-up. You don't need to be sick to have an asthma review.
- Ask your doctor for a letter listing the medications you are taking and why – this is useful if you become unwell while you're away and also to show International Customs.
- If you normally use a nebuliser, check that there will be suitable power outlets where you're going. Or ask your doctor about making the switch to a simpler puffer and spacer device instead.
- Make sure your travel insurance will specifically cover your asthma.

Whether you are heading off to the beach, the countryside, interstate or perhaps even overseas, good preparation can help keep your asthma at bay while you're away. Travelling should be enjoyable and worry-free if you take a few precautions. Whether you are travelling for fun or for business, here are the most important points to remember.

### IMPORTANT POINTS TO REMEMBER

- Visit your doctor well in advance to ensure your asthma is under good control when you leave. Tell your doctor your destination in case there are any particular precautions needed.
- Check that any medical insurance you take out will specifically cover your asthma (contact your travel agent for advice).
- Ask your doctor for a letter outlining the history and severity of your asthma and your treatment
- Take your personalised written asthma action plan
- Where possible, take with you all the medication you will require, as well as some extra
- Carry your medication in your hand luggage and spare supplies in your suitcase

### SPECIAL SITUATIONS

- Travel to high altitudes is normally okay as long as your asthma is well managed at sea level.
- Trekking, sightseeing or skiing should be problem-free when you have well-controlled asthma, a written Asthma Action Plan and adequate amounts of medication
- People with asthma should not scuba dive.

### NEBULISERS

- If you normally use a nebuliser, check that there are appropriate power outlets where you are going. You may need to take a power point adaptor.
- Ask your doctor about whether you could use another medication delivery system such as a spacer while you are away
- Ensure your nebuliser can be used on the plane. Discuss this with the airline well in advance as they may wish to inspect the unit before departure.
- Plan carefully when travelling to remote areas

### FOR TRAVELLERS WITH ALLERGIES

- Anticipate, where you can, any increased exposure to allergens, for example to pollens or indoor pets
- Warn airlines or resorts of any food intolerances well ahead of departure
- If you have experienced anaphylaxis, make sure your self-administered adrenaline (EpiPen or AnaPen) and Anaphylaxis Action Plan are up to date.

For more information download the *Travel Insurance factsheet*