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PHYSIOTHERAPY

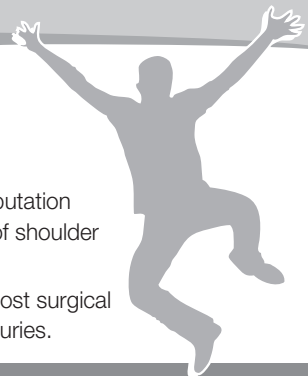
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How to travel with asthma

Going on a trip? Great. A vacation is a wonderful way to relax, see new places, experience adventure and learn about other cultures. But with travel come differences in air quality—a serious consideration for a person with asthma.

If you or someone you are traveling with has asthma, the following steps can help:

1. Find out if there are adequate medical services in the place you want to visit.
2. Be sure you have medical insurance before leaving the country.
3. Ensure your vaccinations for flu and pneumonia are up to date. Are there other vaccinations that are needed?
4. Bring enough medicine to last longer than the length of time you will be away in case of unforeseen problems. Leave them in their original containers that list dose and strength. Carry them with you along with a note from your doctor to show the immigration authorities in case there are any questions. Do not pack them in your luggage. Keep them with you at all times.
5. Find out what type of weather and air quality you will have on your trip (i.e. humidity, air pollution, possible allergic triggers and temperature).
6. Before your holiday, ask your doctor for a written asthma action plan,



which provides instructions on what to do if you have a flare up.

7. Do not travel if your asthma gets out of control – cancellation insurance may be helpful.

More and more travel agents are becoming familiar with special needs travel. Ask your favourite travel agent if they can help you with any or all these details. Be prepared and have a wonderful time. Bon voyage.

More information is available through the The Lung Association's Asthma Action Helpline at 1-888-344-LUNG (5864) or online at www.on.lung.ca.

—www.newscanada.com

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