

Name of Child: _____ Date: _____

How to Travel with Asthma

Your child with asthma can travel safely, if you plan ahead.

What to bring

- A copy of your child's asthma action plan.
- Your child's peak flow meter and chart. Know your child's best peak flow reading.
- All your child's medicines, in the bottles they came in.
- Your child's spacer.
- Your child's nebulizer.
- Bring enough medicine with you so your child does not run out while you are away.
- Your child may fall into the red zone while away. Bring rescue medicine or an SVN machine and a nebulizer.
- A list of all your child's medicines
- Your medical insurance card, your child's doctor's phone number, and the phone number to call if your child needs medical care away from home.
- Your child's pillow. The place where you will sleep may not have a hypoallergenic pillow for your child.



**Your child with asthma
can travel safely,
if you plan ahead.**

Keep these with you

Carry all the things listed above with you. Put them in a place that is easy to reach in a hurry. Do not check them in with baggage, because you may not be able to get to them when you need them. If your luggage is lost, you may also lose your child's medicine.

Choosing a place to go

If you can choose when and where to go, think about these things:

- What makes your child's asthma worse?
- Plan the trip to keep away from your child's asthma triggers.
- What will the weather be like in the place you are going, when you are there?
- If pollen bothers your child, high altitudes have fewer plants that make pollen.
- If mold or dust mites bother your child, do not choose a place with tropical weather.
- You can get allergy weather maps and air quality weather maps on the Internet at www.weather.com

Things to do

- If you are staying at a motel or hotel, ask for a smoke-free room and foam pillow.
- If your child is allergic to any foods, tell the people who serve the food (waiters, flight attendants, friends and family).
- If you cross time zones, do not change the time on one watch. Leave it to show the time at home. Use that watch to decide when to give your child medicine. Give your child medicine at the same time he or she would get it at home.
- Know where the hospitals are, and know the phone numbers to use in an emergency.
- Before you travel, tell your child's doctor when and where you will go. Ask if there is anything special you need to know or get ready for the trip.

Now that you've read this:

- Tell your nurse or doctor how you will get ready to travel with your child.
(Check when done.)



If you have any questions or concerns,
 call your child's doctor or call _____

If you want to know more about child health and illness,
visit our library at The Emily Center at Phoenix Children's Hospital
1919 East Thomas Road
Phoenix, AZ 85016
602-933-1400
866-933-6459
www.phoenixchildrens.org
www.theemilycenter.org
Facebook: [facebook.com/theemilycenter](https://www.facebook.com/theemilycenter)
Twitter: @emilycenter
Pinterest: [pinterest.com/emilycenter](https://www.pinterest.com/emilycenter)

Disclaimer

The information provided at this site is intended to be general information, and is provided for educational purposes only. It is not intended to take the place of examination, treatment, or consultation with a physician. Phoenix Children's Hospital urges you to contact your physician with any questions you may have about a medical condition.

Thursday, March 13, 2014 • DRAFT to family review
#608 • Written by Sherry Hunkler, RTT • Illustrated by Dennis Swain and Irene Takamizu

How to Travel with Asthma

Name of Health Care Provider: _____

Date returned: _____ db

Family Review of Handout

Health care providers: Please teach families with this handout.

Families: Please let us know what you think of this handout.

Would you say this handout is hard to read? Yes No

easy to read? Yes No

Please circle the parts of the handout that were hard to understand.

Would you say this handout is interesting to read? Yes No

Why or why not?

Would you do anything differently after reading
this handout? Yes No

If yes, what?

After reading this handout, do you have any
questions about the subject? Yes No

If yes, what?

Is there anything you don't like about the drawings?

Yes

No

If yes, what?

What changes would you make in this handout to make it better or easier to understand?

Please return your review of this handout to your nurse or doctor or send it to the address below.

The Emily Center
Health Education Specialist
Phoenix Children's Hospital
1919 East Thomas Road
Phoenix, AZ 85016-7710

602-933-1395

Thank you for helping us!