Breathing Space
Living With Allergic Asthma

aafa Asthma and Allergy Foundation of America

Allergy & Asthma NETWORK

CHECK-OFF BEFORE YOU CHECK-IN

Preparing for travel can be time-consuming, especially for those with allergic asthma. With this checklist, it doesn't have to be! Read through the list or print it to check off what to do before you go, as you pack and when you finally return home. Visit **allergicasthma.com** for more information.

BEFORE YOU GO

- ☐ Wipe down luggage and bags before packing
- ☐ Let your healthcare provider know you are traveling
- ☐ Identify hospitals and pharmacies close by in the event of an unforeseen asthma attack
  - ☐ Learn key phrases if traveling abroad to effectively communicate your needs
- ☐ Print important medical information
- ☐ Write down insurance information (e.g., phone numbers) and medication names
  - ☐ Pack documents in waterproof envelopes to protect from wet or rainy environments
- ☐ If you are planning excursions, call ahead to notify the staff of your condition
- ☐ Share your triggers and treatment regimen with travel companions—they can be your second line of defense

WHAT TO PACK

- ☐ All necessary medications—make sure to check expiration dates! (Pack these in your carry-on to keep your medications with you at all times.)
- ☐ Important medical documents
- ☐ Photo ID
- ☐ List of emergency phone numbers and nearby hospitals and pharmacies
- ☐ Hand sanitizer
- ☐ Sanitizing wipes
- ☐ Allergy-friendly pillowcase or small blanket
- ☐ Microfiber sheets
- ☐ An extra pair of clean clothes

WELCOME BACK

- ☐ Re-dust spaces that tend to collect dust easily (e.g. ceiling fans, table surfaces, under the bed)
- ☐ Wash items in your luggage as soon as you can, along with the luggage exterior
- ☐ Wash bedding as any allergens in the air could have settled into the fabric
- ☐ Run your HEPA filter and vacuum carpets and area rugs

Remember, if you or someone you love is experiencing allergic asthma, **it's important to talk to a specialist (such as an allergist or pulmonologist) about your condition and the right treatment plan for you.** It is also important to take medication as directed, which can be discussed with your specialist.

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