

NAVIGATING ALLERGIC ASTHMA WHILE TRAVELING

Just because you're traveling doesn't mean your allergic asthma stays at home! A key first step to any trip is to prepare beforehand and be aware of potential allergens along the way. Here are some tips to help wherever you go. Visit allergicasthma.com for more information.

GETTING THERE

BY VEHICLE



- › Clean the inside of your car using supplies like microfiber sheets to attract dust
- › Service your car before setting out on any trip, and especially consider replacing air filters
- › Vehicles with leather seats and small dashboards are easier to clean. If you are renting a car, try to avoid cars with cloth seats—they can be a magnet for allergic triggers like dust and pet dander

BY RAIL & SUBWAY



- › Request seats in pet-free sections of the train
- › Cockroach debris can be anywhere on a subway, so avoid placing personal items on the floor or seats
- › As an alternative, opt for taxis or rental cars with leather seats for shorter trips

BY BOAT



- › If you are taking a cruise, contact the cruise line in advance to let them know of your condition and triggers
 - › Ask about medical facilities on board, and if they can provide a map to easily locate them
 - › Request allergy-friendly bedding and pillow cases, if available

BY AIRPLANE



- › Ask the airline if you can pre-board so you have time to settle into your seat
- › Bring sanitizing hand wipes in a carry-on bag to attract and remove dust
 - › Use wipes to clean tray tables, seats and armrests
- › Do not use airline-provided pillows or blankets
- › Consider using an airline seat cover for fabric seats and headrests
- › If a pet is next to you, ask to move seats or inquire if the pet owner is willing to do so
 - › Try calling the airline in advance to see their policy on pets and service animals

STAYING THERE

IN A HOTEL

- › Research hotel chains that offer allergy-friendly rooms
 - › Read hotel reviews in advance to see how they are rated on cleanliness
- › Call hotels ahead of time to see:
 - › If hardwood flooring is available
 - › If allergy-friendly bedding is available
 - › If pet-free and smoke-free rooms are available
- › Remove extra pillows, duvets or comforters from the bed if you don't need to use them
- › When staying in a hostel, request a private room or a room with fewer people to minimize exposure to allergens
- › If you are not able to find a hotel that suits your needs, consider home-sharing options where you can work directly with your host to prepare for your visit



IN A HOME

- › Contact the homeowner and tell them about your condition so you can work together to reduce potential allergens prior to arrival
- › Ask the homeowner if pets live in the home or have stayed there recently to be aware of pet dander



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.