



Procedure/Treatment/Home Care Si usted desea esta información en español, por favor pídasela a su enfermero o doctor.

#608

Name of Child:

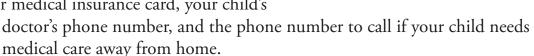
Date:

# How to Travel with Asthma

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

#### What to bring

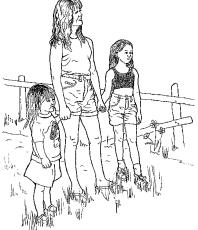
- A copy of your child's asthma action plan.
- Tyour child's peak flow meter and chart. Know your child's best peak flow reading.
- All your child's medicines, in the bottles they came in.
- □ Your child's spacer.
- □ Your child's nebulizer.
- Bring enough medicine with you so your child does not run 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



I Your child's pillow. The place where you will sleep may not have a hypoallergenic pillow for your child.

#### 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.



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

#### 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 Twitter: @emilycenter Pinterest: 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





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## 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?	D	Yes 🗖	No
easy to read	j? 🗖	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 readi this handout? If yes, what?	<u> </u>	Yes 🗖	l No
After reading this handout, do you have any questions about the subject? If yes, what?	0	Yes 🗖	l No

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.

602-933-1395

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

#### Thank you for helping us!