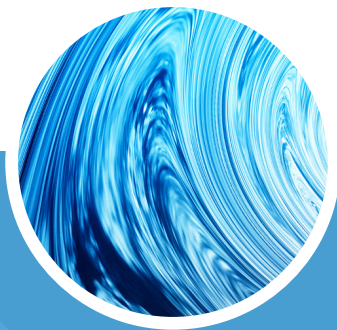


Traveling



Allina Health

Traveling

First edition

Developed by Allina Health.

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The publisher believes that information in this manual was accurate at the time the manual was published. However, because of the rapidly changing state of scientific and medical knowledge, some of the facts and recommendations in the manual may be out-of-date by the time you read it. Your health care provider is the best source for current information and medical advice in your particular situation.

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Disclaimer

This publication is for general information only and is not intended to provide specific advice or recommendations for any individual. The information it contains cannot be used to diagnose medical conditions or prescribe treatment. The information provided is designed to support, not replace, the relationship that exists between a patient and his/her existing physician.

For specific information about your health condition, please contact your health care provider.



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Traveling

You can travel with a lung disease — with some planning ahead.

Airplane Travel



Talk with your primary care provider and airline to carefully plan your trip.

Talk with your primary care provider

Talk with your primary care provider **well before** you make any firm plans.

- Talk about your health issues.
- Talk about where you are planning to go. You may have extra guidelines to follow. For instance, mountainous areas and high altitudes put you at risk for shortness of breath and low oxygen levels. Remote areas will have limited medical care.
- Understand what you need to avoid or cannot do.
- Ask if you need to take a portable oxygen concentrator, even if you do not use oxygen at home.
- If you need a portable oxygen concentrator, ask if you can disconnect it during the TSA security screening.
- Ask how to get medicine refills.
- Ask how to get emergency refills where you are traveling.
- Ask for a letter detailing your medical history, travel approval, medicines and need for portable oxygen.
 - Ask that this letter be printed on your clinic's letterhead. It should include your primary care provider's name, phone and clinic address. Make a few copies.
- Ask if you need any immunizations (shots) such as influenza or pneumococcal or special shots (depending where you are going).



Check out your airline's website or call and ask to speak to someone who knows about guidelines for passengers who have chronic (long-term) diseases.

Check with your airline carrier

- Check with the airline at least 3 days **before** you book a flight to arrange for oxygen.
 - Ask if you can bring your portable oxygen or if you need to rent one from the airline. To see a list of the Federal Aviation Administration-approved portable oxygen concentrators, go to faa.gov and click on *About FAA*. Click on *Programs & Initiatives* and then *Cabin Safety*.
 - Ask what the rules are for using oxygen in-flight.
 - Ask if you need a letter from your primary care provider detailing your medical history, travel approval, medicines and need for portable oxygen.
 - Ask if the airline has a form you need to complete for oxygen use.
 - Ask if there are specific seats you should sit in. Make sure you do not sit in the bulkhead seats.
- Go to the Transportation Security Administrations' website at tsa.gov/travel and click on *Special Procedures* to learn about in-flight oxygen use and equipment.
- If you are traveling to another country, check with that country's American Embassy or Consulate to see if you can carry your medicines with you. Learn more at travel.state.gov.
- Confirm your oxygen use plans at least 2 days before your flight leaves.

Consider buying travel insurance

You may buy travel insurance when you buy your ticket. There are 3 types:

- Trip cancellation** insurance covers the cost of your trip if you have to reschedule or cancel because you are too sick to travel.
- Travel health** insurance covers the cost of health care received in other countries. Even if you have health insurance in the United States, it might not cover you overseas.
- Medical evacuation** insurance covers the cost of transportation to high-quality health care facilities in the event of an emergency. This type of insurance is important if you will be traveling in rural or remote areas.



When trying to decide on travel insurance, think about your destination, budget, health condition, risks and your history of needing emergency care in the last calendar year.

- Read the fine print of the plan you choose.

What to pack in your carry-on bag

Pack all of the following in the bag you bring with you on the airplane:

- all of your medicines (Keep your medicines in their original containers with their original labels. Pack enough medicines to cover your travel time.)
- medical identification
- copies of your medicine prescriptions
- copies of your letter from your primary care provider
- insurance card
- copies of your passport or other ID
- contact information for your regular pharmacy
- emergency contact names and numbers
- contact information for your credit cards (in case they are lost or stolen)
- portable oxygen supplies (power cords and batteries)
- general medical and personal care items. See the chart on the next page.

What to Add in Your Checked Luggage

Put copies of your prescriptions, primary care provider letter and pharmacy contact info in your checked luggage.

Medical and Personal Care Items

<ul style="list-style-type: none"> ■ prescription medicines in their original bottles ■ new prescription medicines just for your trip 	<ul style="list-style-type: none"> ■ extra pair of prescription glasses ■ contacts and solution ■ extra batteries for hearing aid(s)
<p>over-the-counter medicines for:</p> <ul style="list-style-type: none"> ■ diarrhea (Pepto-Bismol™ or Imodium®), constipation and upset stomach ■ motion sickness ■ nasal congestion ■ pain or fever ■ cough ■ antibacterial cream, lotion or gel ■ itch cream ■ eye irritation 	<p>first aid kit that has:</p> <ul style="list-style-type: none"> ■ quick reference card ■ bandages (different sizes) ■ gauze ■ antiseptic ■ tweezers and scissors ■ cotton-tipped swabs ■ thermometer ■ gel

Prepare for airport security

You will need to go through the Transportation Security Administration (TSA) security checkpoint.

- Have a copy of your medicine list and primary care provider letter detailing your medicine, special equipment or travel approval.
- Put your medicines in a plastic bag.

If you have a portable oxygen concentrator:

- Tell the TSA officer you have a portable oxygen concentrator. Ask if you can disconnect it during the screening.
- Have your medical ID with you.
 - You can print a TSA Notification Card from tsa.gov if you do not have another form of medical ID. Click on *Travel* and then *Special Procedures*. Click *Disabilities & Medical* and you will see a link to the ID. (See the example on the next page.)
- If you can disconnect from the portable oxygen concentrator it will go through X-ray screening while you go through the imaging detector. If you cannot disconnect, the equipment will be tested.

TSA Notification Card: Individuals with Disabilities and Medical Conditions

I have the following health condition, disability or medical device that may affect my screening:

[Redacted area for health condition, disability or medical device]

I understand that alternate procedures providing an equivalent level of security screening are available and can be done in private. I also understand that presenting this card does not exempt me from screening.

Information • Assistance Requests • Compliments • Complaints

TSA Cares

1-855-787-2227 (Federal Relay 711)

Weekdays: 8 a.m. to 11 p.m. ET

TSA-ContactCenter@tsa.dhs.gov

Weekends/Holidays: 9 a.m. to 8 p.m. ET

Hablamos Español

Automated information offered in 12 languages

Call 72 hours prior to traveling to request the assistance of a Passenger Support Specialist (PSS) at the checkpoint. If a PSS is not available, you may ask for a Supervisory TSA Officer at the checkpoint.

If you have a nebulizer, CPAP, BiPAP or APAP:

- Tell the TSA officer what you have.
- Remove the device from its carrying case so it can go through X-ray screening.
- Keep face masks and tubing in the cases.
- You can bring any liquids that go along with the nebulizer on the flight. They are not under the 3-1-1 liquids rule.

If you have an implanted device (pacemaker or defibrillator):

- Tell the TSA officer you have an implanted device.
- Show your device ID.
- Do not let the TSA officer use a hand-held metal detector over your device.
- If you are pulled aside for a security check, ask to be hand-searched.

Your Destination

Depending on how long you will be traveling, the following are some things to consider.

- Find out what kind of medical care is available.
 - Know how to get to the closest clinic, hospital and pharmacy.
 - Know where to get medical supplies.
- Understand your insurance and what it means if you need care outside of your network.
- Check if where you are going has high altitude.
- Make a plan for possible medical care if you are going to a remote area.

To Do List



- Check with your primary care provider before you travel. (page 5).
- If you are flying:
 - check with the airline before buying your ticket (page 6)
 - learn about your options for buying insurance (page 7)
 - know what to pack in your carry-on bag (page 7)
 - prepare for airport security (page 8).
- Know what options are available at your destination (page 10).
- Relax, slow down and have fun!



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