

# The Allergy & Asthma Clinic

[www.TheAllergyClinic.com](http://www.TheAllergyClinic.com)

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- If you or someone you are traveling with have food allergies, make sure you have clear documentation of the food allergy. If the food allergy is severe, wear a MedicAlert bracelet and make sure that you have at least 2, current, adrenaline injector devices.
- If you plan to travel using your own vehicle, service your vehicle appropriately and check the ventilation system.
- If you will be residing in a hotel or other accommodations, request non-smoking rooms and non-feather bedding. Bring an allergy cover for your pillow if you have an allergy to dust mite, but don't forget to take it home with you!
- Often times, hotels provide personal care products such as soaps, shampoos and lotions, but these products are usually not hypoallergenic. If you have sensitive skin, try to travel with your own personal care products (using approved travel sizes) to help minimize skin irritation.

## Travel Smart!

According to a recent survey conducted by a travel site, approximately 53% of Americans plan to travel over the summer months, especially given the high vaccination rates for COVID. In fact, many of the respondents say that the desire to again travel was a major motivator for getting vaccinated.

If you decide to travel during the upcoming summer, make sure you travel smart to maximize the chance of keeping your allergy and asthma symptoms from flaring.

- Make sure that all of your prescriptions are current and that you have enough medications to last throughout your trip, and preferably a few days after. Make sure that medications are labeled appropriately and they are organized so that they are easy for you to access. It is also advisable that you have a current list of all of your medications, including the doses and instructions, as well as the generic names of your medications. Pack your medications in your carry-on and not your check-in luggage.
- Make sure that you are up to date on all of your vaccinations. Check the vaccination requirements if you plan to travel internationally and verify if travel insurance is required.
- Although mask mandates were recently lifted during air travel, with COVID cases increasing once again, it is still advisable to wear a mask, preferably an N95.  
Wearing a mask can not only protect you from colds and viruses, but also reduce the chance of inhaling irritants which can cause an increase in your allergy or asthma symptoms. Wash your hands frequently and use hand sanitizers if a sink is not nearby.
- Check the weather, as well as pollen counts, where you will be traveling to.

## Returning From Your Travels

If you have traveled internationally, the CDC has provided some guidelines regarding returning to work. It is recommended that a COVID test be done 3-5 days after returning from international travel and if negative, and you are feeling well, in most cases, you can return to work. However, it is best to check with your Human Resources Department to make sure that they are following similar guidelines. In the event that you are not vaccinated, it is recommended that you stay home and self-quarantine for a full 5 days after your travels.

It is understandable for us to want to take a break from all the happenings over the last couple of years. Taking care of our bodies also involves taking time for our mental health and that vacation may just be the answer. However, travel smart !