

# The Allergy & Asthma Clinic

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

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Newsletter

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## VACATION HERE WE COME!

Many of us are due for a long-awaited vacation. According to a recent survey by Bankrate, a consumer-finance data provider, “sixty-three percent of U.S. adults plan to travel this summer, up from 61% this time last year”.

While you may plan to go on vacation, you shouldn't take a vacation from your allergy and asthma treatment. Being prepared can help minimize the chance of your symptoms from flaring, and most importantly, allow you to enjoy a well-deserved break.

## BEFORE YOUR TRIP

- Check weather and pollen forecasts and plan accordingly. For example, if you're allergic to Ragweed pollen, New York may not be the best place to visit in late August.
- Tropical destinations tend to have lower pollen counts and the ocean/sea breeze can do wonders for those with allergies.
- Although locales with higher elevations tend to have lower dust mite counts, for the asthmatic, elevations above 5000 feet may cause an increase in chest symptoms.
- Make sure that you have all of your medications on hand and as a general rule, try to have an extra week of medications, in the event that you are unable to return home as scheduled.
- Make sure that you pack your medications in your carry-on luggage, and not your checked-in baggage.

- If you or a family member has a severe food allergy, make sure that your/their adrenaline injector device is current.
- If you plan to go scuba diving, and you have asthma, please speak with a pulmonologist beforehand.
- Check access to medical care, especially if you plan to visit a remote area.

## TRANSPORTATION

- If you plan to rent a car, ask for a car that does not allow smoking.
- Keep your windows rolled up and use your air conditioner.
- If you plan to fly, drink plenty of fluids and avoid alcohol to stay well hydrated.
- Use nasal saline to keep your nasal passages moist. If you experience ear discomfort during takeoff and landing, speak with your physician about using a decongestant nasal spray or an oral decongestant. Be careful however, as decongestant nasal sprays can be habit-forming.

## ACCOMMODATIONS

- Ask for non-smoking rooms and non-feather bedding.
- Consider bringing an allergy pillow cover for you to use during your hotel stay. However, don't forget to bring it back home with you!
- If food allergy is a concern, consider staying in a hotel that has a room with a kitchen so that you can prepare meals, reducing the chance of cross contamination.

You deserve this time with family and friends. We hope that you are able to create memories to last a lifetime.