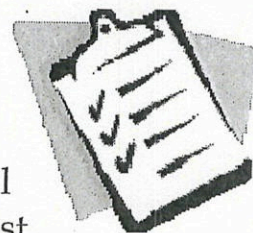


PULMONARY REHABILITATION PROGRAM TRAVEL TIPS

Vacations are important for all of us. A change in environment and the enjoyment of visiting friends, families or familiar landmarks are necessary for a well-rounded life. The time away from the everyday routine is relaxing and often gives us a new appreciation of our home environment. Because you have a chronic lung disease is no reason to isolate yourself from these wonderful experiences. All you have to remember is to maintain your daily bronchial hygiene and exercise routine.

HELPFUL TIPS FOR YOU TO REMEMBER WHEN TRAVELING:

1. **CONSULT YOUR DOCTOR:** He may want to advise you on the length of your stay. He may want to modify your bronchial hygiene routine, medications, etc. It's also a good idea to have a phone number where you can reach your doctor or, at his recommendation, a facility or colleague where you could go for help in an emergency during your vacation. Take you medical records with you.
2. Take a complete **list of all the medications** you are currently taking and a **list of your known allergies**.
3. **Take all of your respiratory equipment with you.** You will need to continue cleaning and caring for your equipment just as you would at home. Ask your MD if you can take along extra medications if the trip will be an extended one.
4. You may need supplemental oxygen when traveling to high altitudes. If you are flying, the same holds true and you must contact the airlines to find out their policy for oxygen usage. Remember that airplane cabin pressure is not equalized to sea level, rather to around 5000 ft. above sea level.
5. **Maintain your daily exercise program throughout the journey**, whether in the car or whatever. Try to limit your daily outings and to rest frequently. And of all things, do not forget your **pursed lip breathing**.



6. **Check the weather reports** prior to future destinations, either by TV or newspaper reports. Try to layer your clothing so you can always put on or take off clothing that will keep you the most comfortable.



Checklist for Travel

Here are a few things you may want to consider before traveling long distances.

- Have I scheduled driving or flying so that rest and relaxation are possible?
- Have I checked the local air quality or pollen index for the area I've decided to visit?
- Have I planned a route to avoid congested urban areas and highways?
- Have I considered the climate of possible vacation spots, keeping in mind that excessive heat or cold may cause breathing difficulties, as can excessive dryness or humidity?
- Have I checked the altitude of the area, remembering that some respiratory patients experience increased shortness of breath in altitudes over 5000 feet?
- Because allergies are a problem for me, have I planned to travel only in seasons when ragweed, pollen, or other airborne particles are least prevalent?
- Have I packed enough of my prescribed medications to last through the trip and for a few extra days in case I'm delayed? (It might be wise to get copies of my prescriptions in case my luggage is delayed in transit.)
- Have I arranged to have my respiratory equipment and cleaning supplies waiting for me upon arrival? (Did I ask the local vendor for the name of a company that can assist me at my destination?)
- Since I use oxygen regularly and plan to travel by plane, did I notify the airline well in advance that I will need oxygen for the flight? (Cabin pressure may be a problem for me and should be discussed with my doctor before flying.)
- Am I carrying emergency identification, such as Medic Alert or a wallet card?
- Am I prepared to follow the guidelines I use at home for day-to-day comfort?