



Travelling with Asthma

Community Pediatric Asthma Service

Keep your asthma under control and have fun wherever you go on your holidays! Whether you're heading to camp, going to sleep over at a friend's house, visiting your grandparents or on holidays with your family – anytime you are away from home for more than one day, here are some tips to help you travel with asthma.

Questions to ask before you go:

- Will any of your asthma triggers be at the place where you are staying? Is there some way to avoid them? Visit the [Triggers](#) page on our website for more suggestions.
- If your parents are not going to be with you, do the other adults or staff know about asthma? Will they know how to help you? Do they know how your inhaler works? You can view the [proper device technique and print instructions](#) on our website.



Actions to take before you go:

- Visit your doctor for a physical exam before you go to camp. This is a good time to review your Asthma Action Plan and, if you don't have a plan, this is the time for you and your doctor to prepare one. You can print an [Asthma Action Plan](#) from our website.
- Pack all your medicines (controller/preventers and relievers) and make sure you have enough medicine for the time you will be away.
- If you are not sure how much medication is left in your device, take it to your pharmacist and they will help you.

Remember to take these things with you:

- your asthma medicines!!
- your Asthma Action Plan
- your "[Me and My Asthma Information](#)"

When you get there:

- Talk to the adults who will be looking after you or the camp doctor/nurse about your asthma.
- Give them your "Me and My Asthma Information" card and your Asthma Action Plan.
- Tell them what triggers your asthma and find out if those triggers will be where you will play, eat or sleep.
- Explain your asthma medicines to them and show them how your inhaler works.
- If you will be playing, exercising or doing something very active, talk to them about what you can do so your physical activity doesn't trigger your asthma. Visit our [Asthma, Exercise and Sports](#) page on our website for tips.

And two important reminders...

- ✓ Control your asthma!
- ✓ Have fun!