

No 7. Holiday Advice

Being prepared can prevent problems with your asthma spoiling your holiday.

Here are some helpful tips:-

- If your asthma is affected by pollens or grasses think carefully about your choice of holiday destination. You can check likely environmental conditions by contacting the Allergy Institute on 01923 211811 or the Asthma UK Helpline on 08457 010203.
- Make sure you have enough of your medications to last the holiday plus a few extra days.
- Take a spare inhaler in case you lose one.
- Continue to take your preventer regularly.
- If you are flying remember to take your reliever in your hand luggage aboard the plane.
- If you are exposed to factors which normally trigger your asthma symptoms, such as dust in hotel rooms or pollens in country areas, double the dose of your preventer until you come home.
- If you are prone to sudden severe attacks of asthma ask your doctor if you should take steroid tablets with you for use in an emergency.
- When you arrive at your holiday destination make sure you know how to get medical help if you need it. If possible find out about the availability of medical services before you go.
- Check your health insurance covers pre-existing conditions such as asthma.
- If you have a compressor or nebuliser check it will work in the country you are going to (Is the mains voltage the same) and make sure you have a plug adapter.

Asthma UK (Scotland) are at 4 Queen Street, Edinburgh, EH2 1JE
Website :<http://www.asthma.org.uk> e-mail: scotland@asthma.org.uk
Asthma UK Adviceline 08457 010203
Calls charged at local rate Monday – Friday 9am – 7pm

The British Institute for Allergy and Environmental Therapy are at:
Ffynnonwen, Aberystwyth, Llangwryfon, Ceredigion SY23 4EY
Website: <http://www.allergy.org.uk> e-mail: info@allergy.org.uk
Telephone: 01974 241376

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