

## Traveling with Asthma Checklist

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Create an **Asthma Travel Pack** to ensure you have all of the medicines and instructions you need in one, easily accessible place. When creating your **Asthma Travel Pack** consider including:

- Copies of your Asthma Action Plan
- An extra written prescription in case medication is lost or destroyed
- Insurance card and healthcare provider contact information
- Both quick-relief and controller medications (*make sure there is enough to get you through your stay, and extra in case you get held-over unexpectedly*)
- A spacer/chamber
- A Peak Flow Meter



Cut along the dotted line. Use one checklist for this trip; save the other checklist for your next trip.

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