



Traveling with CF

Questions to Ask Your CF Care Team

You've probably already had several conversations with your CF care team about living with CF and how to manage various aspects of the disease in different situations. Still, you may not know where to start when it comes to talking about traveling and staying healthy with CF. Here are some questions to help include your CF care team in your travel planning from the very beginning.

- Do I need any special vaccines before traveling?
- Do I need any medications before traveling?
- Are there any areas or climates I should avoid?
- Are there any activities I should avoid?
- Am I "fit to fly?"
- Will I need oxygen?
- Are there any special accommodations I should arrange with the airline, train or other method of transportation?
- Can you write a letter explaining my diagnosis, medications, equipment and ability to travel?
- Can I borrow a nebulizer or oxygen concentrator with the right pump voltage for the country that I'm visiting?
- Who should I call if I experience any medical problems while traveling?
- How will different time zones affect my treatment times?
- What medications apart from my CF prescriptions do you suggest I take with me?
- What do I do if I get sick while traveling?
- Do you know a local CF care center I can contact in case of emergency?
- What do I do if I get sick when I come home?