Summer means taking a break from work or school, going places, and having fun! But you can’t take a break from managing your asthma symptoms. You must use your controller medicine every day—as directed by your doctor—even if you feel fine.

**Worry-Free Travel**

- Have a pre-trip checkup with your doctor.
- Pack your controller and rescue medicines in your carry-on luggage.
- Bring extra medicines and keep them in the original box or bottle.
- Pack your Asthma Action Plan and doctor’s phone number. Pack your peak flow meter, spacer, and nebulizer if you use them.
- If you go abroad, be sure you have a way to operate your nebulizer in the event the electrical outlets require use of an adapter. Ask your doctor for the generic names of your medicine. Medicines may have different names in other countries.
- Pack an allergen-proof pillow or pillowcase to avoid dust mites.
- Avoid tobacco smoke.
- Be sure your car’s air conditioner is working.
- Always ask for hotel rooms for nonsmokers.

**DID YOU KNOW?**

Your doctor can give you the name of a doctor in the place you are going for vacation.

**Get Immediate Medical Help If:**

- Your asthma symptoms get worse even if you take your quick-relief (rescue) medicine and follow your Asthma Action Plan.
- Your lips or fingernails turn blue.
- You are breathing fast, and all you can think about is breathing.
- Your peak flow reading falls into the red zone.

Be sure to talk to your doctor if you need to use your quick-relief medicine more than two times a week.