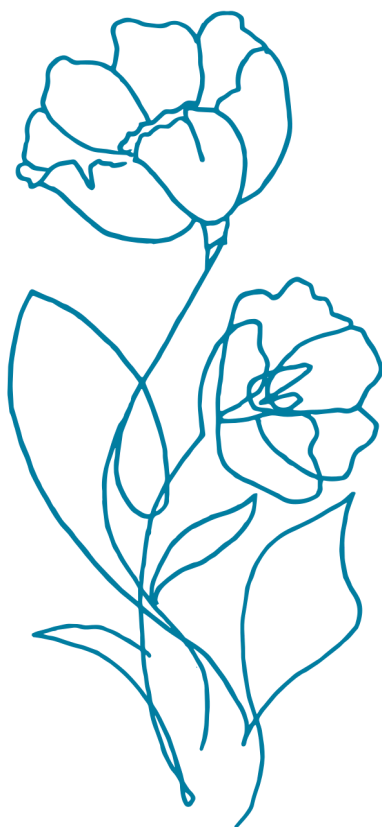


TRAVELLING WITH CYSTIC FIBROSIS





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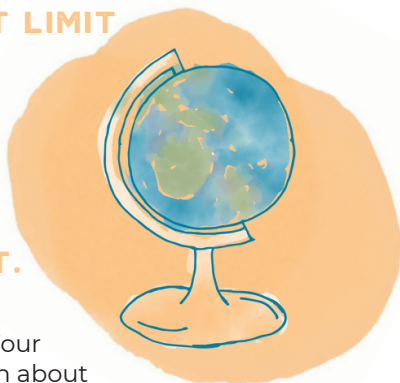
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TRAVELLING WITH CYSTIC FIBROSIS

MANY KIWIS, BOTH YOUNG AND OLD, LOVE TO TRAVEL OVERSEAS TO EXPLORE AND LEARN MORE ABOUT THE WORLD. HAVING CYSTIC FIBROSIS SHOULDN'T LIMIT YOUR DREAM OF OVERSEAS TRAVEL. THERE ARE A FEW MORE CHALLENGES AND IT TAKES A BIT OF PLANNING BUT IF YOU WANT TO SEE THE WORLD, THEN GO FOR IT.



Talk with your CF team before making any firm travel plans outside of New Zealand. Your CF fieldworker is a great person to talk with about where you want to go and what you want to do, as chances are they've helped other people with CF travel overseas.

Also talk with your CF team about your general health and decide together if you need to focus on improving your health before you travel.

CHOOSING YOUR DESTINATION

Some destinations and climates have a higher risk of infections for people with CF, such as warmer climates in South East Asia and other tropical countries. Melioidosis is a potentially life-threatening infection for people with CF caused by *Burkholderia pseudomallei* that's found in hot climates.

Heat and humidity can also cause you to sweat more so make sure you stay hydrated. Talk with your CF team about the best way to replace salt losses and tips to minimise dehydration.

Safe Travel (safetravel.govt.nz) is a New Zealand website that has advice for New Zealanders living and travelling overseas. It has

information about every country, including the risk of crime, civil unrest and general travel advice. It's a great resource for any Kiwi heading abroad.

New Zealand has reciprocal health agreements with Australia and the United Kingdom so some of your healthcare may be covered if you become unwell. The Ministry of Health website has information about what's covered under the reciprocal health agreements (health.govt.nz), as not all care is covered. Often you can buy ticket insurance or purchase more flexible tickets that allows you to change your flight dates if you need to return home sooner. These are usually more expensive but can be worth it for peace of mind. Travelling to a country or region with a relatively good healthcare system can add a bit of security to your travels if you become unwell. You should weigh up the risks of travelling to countries with hot climates as well as developing countries who don't have CF care facilities.

TRAVEL VACCINATIONS

Travel vaccinations are recommended for some countries and may be a requirement for travelling to an area or returning to New Zealand. These can be as routine as making sure your tetanus vaccination is up to date, and may also include immunisations against hepatitis A and B or other country specific vaccinations such as for yellow fever.

Your CF team can talk with you about any contraindications for any travel vaccines. You can also book an appointment with specialised travel doctors who can advise which vaccinations are needed depending on your travel plans.

Check out specific travel health website for the most up-to-date vaccination information:

Worldwise: worldwise.co.nz

Travelers' Health, Centre for Disease Control and Prevention (CDC): cdc.gov/travel/



Travel and Health, World Health Organization: who.int/health-topics/travel-and-health/

Some destinations have a higher risk of diseases such as malaria, rabies and dengue fever. Research each destination you'd like to visit and see what you're most at risk of. Consider how your CF may be affected.

TRAVEL INSURANCE

Many insurance companies won't cover CF because it's a pre-existing condition. This can make getting travel insurance more challenging. However, some Kiwis with CF have had success getting travel insurance through an insurance broker.

Check out the travel section of the CFNZ website for the most up to date information about insurance brokers. Your fieldworker may also be able to recommend an insurance company or insurance broker to try.

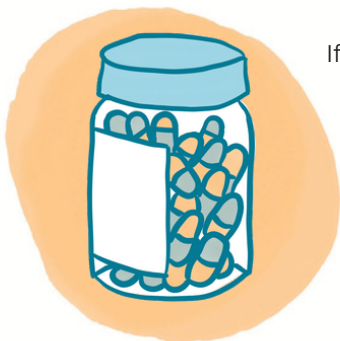
You'll also need general travel insurance that covers things such as lost luggage, medical treatments unrelated to CF and personal injury, which you can get through regular travel insurance companies.

MANAGING MEDICATIONS

Organise to take all your medications with you as they may not be available, or in the same form, where you're travelling to.

If you're planning to travel for an extended time or live overseas, you'll need to research if your medications are available overseas and are the same brand. Again, this is something your CF team can help you with so talk with them early.

Ask your doctor – either your GP or CF doctor – to write a letter listing all of your medications. This includes syringes and needles if you have cystic fibrosis-related diabetes. You may need to show this letter to customs



when you arrive at your destination. Keep your medications in their original packaging and clearly labelled and pack them in your carry on baggage not your checked in baggage.

And ask your team about travelling with a course or two of oral antibiotics. If you start to feel unwell, take them – don't wait until it's too late.

MANAGING MEDICAL EQUIPMENT

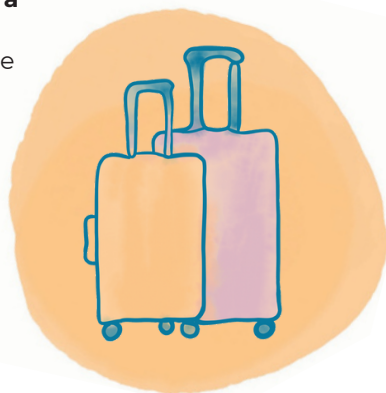
Make a list of all the equipment you'll need while travelling. This may include nebulisers, cleaning equipment, oxygen concentrators, power supplies and battery packs. Ask your doctor to write a letter listing all of your medical equipment.

Check on your airline's website for its medical equipment regulations. If you're flying Air New Zealand your medical equipment must have a 'aircraft-type approved' certificate or have been checked and approved by Air New Zealand Engineering. **You'll also need to complete a Medical Information Form for Air Travel (MEDA) clearance form.** You can find all the information about medical equipment on your airline's website.

Visit Air New Zealand's Flying with Medical Conditions page on its website for further information: airnewzealand.co.nz/special-assistance-flying-with-medical-conditions, and if you're flying with another airline visit their website for any forms you need to complete before travelling.

Aeroplane cabins are pressurised to compensate for high altitudes, but the oxygen concentration is lower than at ground level. Talk with your CF team if you think this will be an issue for you and if you'll benefit from taking oxygen with you to use during the flight.

Check your airlines website to find out their requirements for people who need supplemental oxygen during flights. Your CF



team can help you with any pre-flight forms or pre-approvals. These can take some time so start planning early.

POWER PLUGS, SOCKETS AND VOLTAGES

Power plugs and sockets differ between countries, for example, New Zealand and Australia use Type I, The United Kingdom uses Type G.

Find out about different plug and socket types on the World Standards website worldstandards.eu You can buy plug adaptors at general hardware stores, The Warehouse or at the airport.

Power voltages also differ depending on where you travel so you'll need to make sure your equipment can change run on the correct power voltage. You can find out what voltage is used in each country on the World Standards website.

STAYING HEALTHY

Contaminated food and water are a risk for everyone in many destinations around the world. Our general advice is to find out before you arrive whether the water is safe to drink so you're not caught out. And remember to think about other situations you might come across contaminated water such as while brushing your teeth, eating foods washed in water and ice cubes in drinks. You may want to stick to bottled water while you're travelling or use an effective water filtration drink bottle such as the Grayl Ultralight Purifier Bottle, or similar. They're expensive but will save you money while you're travelling because you won't have to buy water. These make for a great gift if someone wants to buy you something for your travels!

Pack extra pancreatic enzymes as travelling often means trying new foods or eating out a lot, and remember to pack salt tablets if you're going to get sweaty.

\For CF-related health, find out if there's a CF centre close to your destination and if they can help if you become unwell. Your CF team or fieldworker may be able to help connect you with an

overseas organisation. And have a list of nearby hospitals tucked in your suitcase, just incase.

And wherever you're travelling, have a plan of how you'll get to Australia, the United Kingdom or back to New Zealand. These are the best places to be if you become unwell and need a hospital admission, and where the extra bit of money purchasing flexible tickets pays off.

"Both hot climates and high altitude seem to affect me worse than it did my friends and partner. Most places have a hotter and cooler seasons and you can visit most locations if you do it at the right time of year. Hot weather saps your energy very quickly and it's vitally important to take salt replacement tablets and stay well hydrated."

"I spent nearly 3 months at altitude in South America. My experience was that while others get used to the altitude after a few days, I didn't acclimatise over the full 3 months. It doesn't stop you from doing the hikes at altitude, but some precautions should be taken, for example, take longer to acclimatise than non CF people and also take altitude sickness tablets."

"Allow enough money in your budget to fly back to New Zealand for hospital treatment. Insurance won't cover the cost, but it's much easier to get good reliable treatment in NZ. I flew back to NZ for a month during a year long trip in South America, and the cost was quite small in comparison to the total cost of an OE.

"Check what temperature your medications and pills can survive at."

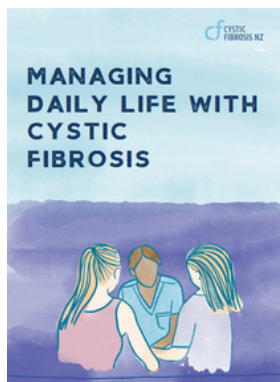
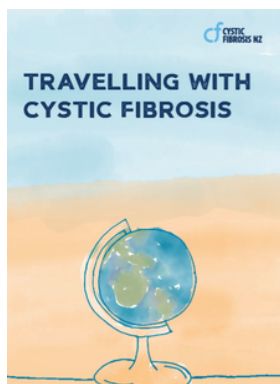
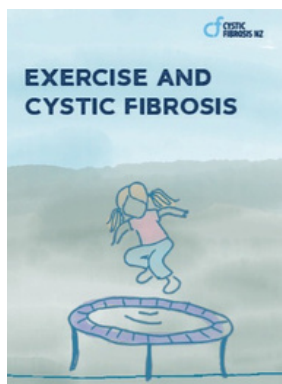
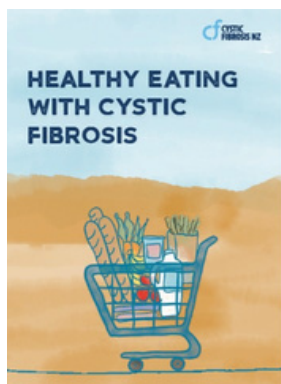
“I've created a travel checklist for myself so I know nothing important will get left behind. It includes things like medications, travel plugs, visa, passport, foreign exchange, important phone numbers, travel insurance and vaccines. Always make sure you have a letter from your doctor outlining your medications to show in case you're questioned when entering an overseas destination.”

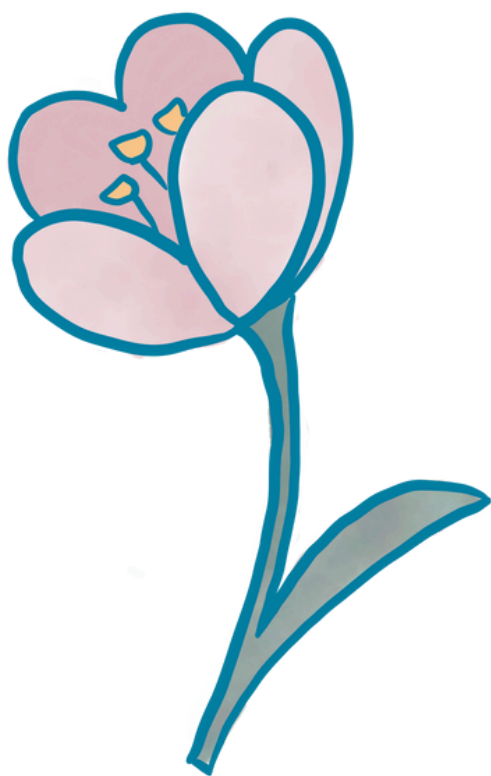
"I wish it was said to me in my teens and twenties to always live in the moment. If you want to see the world – plan it and do it, and don't put it off until later in life. As a PWCF, that's not guaranteed. Plan a trip while you're well and don't go for too long. I've been to Australia 5 times and I always go for 2–3 weeks."

"I always take an extra few days' worth, or depending on how far from home I'm travelling, an extra week, of medications incase something happens such as a flight change or delay."

DOCUMENTS IN THE ADULT GUIDE SET:

Click on icon to below to view other resources.





Published: October 2024
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