

# Do you have a lung condition or use oxygen? Are you flying somewhere soon?



On a plane, the air contains less oxygen than the air we normally breathe in, which could make your symptoms worse. Therefore, you may need additional oxygen during your flight.

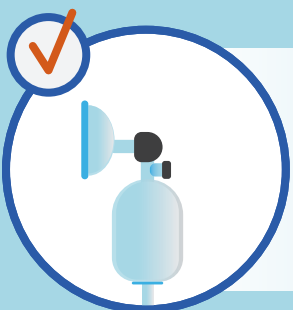
You can travel safely, as long as you plan ahead.



1) Speak to your **doctor** to check your oxygen requirements.



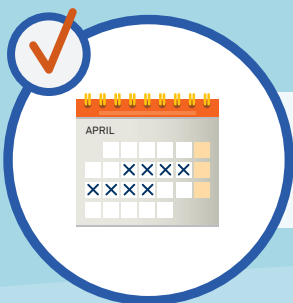
4) Request special **assistance** both in the airport and at your destination.



2) If your doctor recommends that you fly with additional **oxygen**, check the airline's oxygen policy.



5) Drink lots of **water** and consider taking flight socks and nasal spray with you.



3) Allow plenty of **time** to book your flight.



6) **Ask** your doctor if there is anything else you can do to prepare.



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Go to [europeanlung.org/airtravel](https://europeanlung.org/airtravel) for more information, details of airline policies, and to watch a video about how your doctor will check if you are fit to fly.