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

On a plane, the air contains less oxygenthan 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.

Speak to your doctor to check Allow plenty of time to book Drink lots of water and consider taking flight socks and nasal spray with you. your oxygen requirements. your flight.

If your doctor recommends that you fly with additional oxygen, check the airline's oxygen policy. Request special assistance both in the airport and at your destination.



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



Go to 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.