

## Pediatric Travel Medication

*We recommend that patients contact their doctor 1-2 months before planned international travel to see if any vaccines or medications are required.*

The first thing to remember when going on a trip is to plan ahead and get plenty of any medications that your child may take regularly (i.e. asthma meds, allergy medications...) You may want to consider packing some in your carry on as well as your checked baggage in case one of them is lost. Make sure that prescription medications are taken in regular packaging so that in case you need a refill, it will be understandable for a local doctor or pharmacist.

If your child has a chronic illness that could be serious, you may want to consider a Med alert bracelet for them to wear. This is useful with severe allergy or diabetes for example. There are many sites that sell these. [www.medicalalert.org](http://www.medicalalert.org) is an example.

Below are listed some basic medications to include in your travel kit. This may be altered given your destination or the age and needs of your children.

- Insect repellent
- Sunscreen
- Antibiotic ointment and bandages
- Ace bandage for sprains
- Ibuprofen (for fever, pain and inflammation)
- Tylenol suppositories if your child will not take oral meds or may be vomiting
- Benadryl
- Imodium for older children can be helpful for diarrhea
- Electrolyte solution (can be found as powder)
- URI medications you usually use for your children
- Tweezers, to pull out stickers or slivers
- Epi pen if one has been prescribed for your child

In consultation with your pediatrician you may decide to take with you an antibiotic or medications and/or immunizations, depending on the trip.

For more information please check out the CDC website at <https://wwwnc.cdc.gov/travel>