



Tips for Airline Travelers with Sjögren's Syndrome

For more information on Sjögren's syndrome, visit the SSF Web site at www.sjogrens.org, call 1-800-475-6473, or e-mail ssf@sjogrens.org for more information on Sjögren's syndrome.

New airline rules can have a profound effect on those with Sjögren's syndrome. The Sjögren's Syndrome Foundation continues to work closely with the Transportation Safety Administration (TSA) to ensure the needs of Sjögren's patients are met and most recently was invited to serve on the TSA Disability and Disease Coalition as an advisor on special needs. U.S. travel rules can change and guidelines vary at international airports, so check out the latest information on both at <http://www.tsa.gov> or call your airlines before traveling.

TSA GUIDELINES:

Policies apply to all domestic and international flights originating in the U.S.

- ▶ If you have Sjögren's syndrome, you now may bring an unlimited number of prescription and medically necessary OTC items in your carry-on bag. Prescriptions must be labeled. Allowable products include eye drops, saline solutions, and ointments, gels, or balms used to lubricate the eyes, mouth, nose, or lips. You must let a Security Officer know about your condition and declare these items for X-ray or visual inspection. Quantities may exceed three ounces and are not required to be in the zip-top bag.
- ▶ For reasons other than Sjögren's or another specific medical condition, travelers now may carry liquids, gels and aerosols on board an airline, but items must be in three-ounce or smaller containers and in a single, one-quart, clear zip-top bag. Place the bag in a bin or on the conveyor belt for X-ray screening.

TRAVEL TIPS:

- ▶ Carry SSF brochures or a website printout from www.sjogrens.org to provide an authoritative description of Sjögren's syndrome and help explain your situation.
- ▶ Get a note from your physician on letterhead stating that you have Sjögren's and listing needed items.
- ▶ Have your physician call in medically necessary items as a prescription.
- ▶ Purchase water after you've gone through security. Or, bring an empty water bottle, and when you board, ask the flight attendant to fill it or ask for a bottle of the airline's water.
- ▶ Bring sugar-free candies, gum, and/or juicy fruit on board to stay moist.
- ▶ If you use Salagen® or Evoxac®, ask your doctor about taking it before boarding.
- ▶ Carry single vial eye drops unopened and in the original packet.
- ▶ Carry a wet washcloth in a zip-top bag to place on your eyes.

- ▶ Pack medically necessary products in a clear bag separate from other carry-on items to make inspection easier and faster. X-rays will not damage medications.
- ▶ To avoid potential problems, only take what you really need.
- ▶ And last but not least – arrive early at the airport. Remain calm and explain your situation to Security. If you have documentation and information, you are more likely to receive the help you need. And remember – you are helping to spread awareness about Sjögren's syndrome!

HAVE NEEDED ITEMS AT YOUR DESTINATION:

- ▶ Mail items to your destination before you leave, but remember that prescription items might need documentation or special Customs forms.
- ▶ Check two bags instead of one and include necessities in each bag. That way, if one bag is lost, at least you'll have the other bag.