

Tips for Airline Travelers with Sjögren's

You should always know the latest travel rules before packing for your next airline trip!

As an invited member of the Transportation Safety Administration (TSA) Disability and Disease Coalition, the Sjögren's Foundation has been fortunate to play an important role in educating officials about the special needs of Sjögren's patients. TSA policies apply to all domestic and international flights originating in the U.S.

TSA Guidelines and Tips for Travel

- You may place in a separate pouch all prescription and medically necessary OTC items to take with you on the plane.
- Include all OTC items needed on your trip including eye drops, saline solutions, ointments, gels, and lozenges to lubricate the eyes, mouth, nose, or lips, gum, special toothpastes, and sunscreen.
- Medications in daily dosage containers are allowed.
- While the TSA states that items do not need to be labeled, consider using original prescription bottles and packaging when possible to avoid questions.
- You no longer need to have a doctor's note or prescription or information explaining why you need your items.
- 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.
- The bag or pouch containing these items may be of any size.
- Either place the bag to be X-rayed or request a visual inspection if you prefer.
- In addition to a bag with medicines and medical products, you are allowed a single, one-quart, clear resealable zipper bag with any liquid, gel or aerosol in containers marked three-ounces or smaller and placed separately on the conveyor belt for X-ray screening.
- The TSA states that you may bring water or other liquid through security if your medical condition requires it. You must, however, declare the liquid to a Transportation Security Officer and be prepared to provide information from you or your physician about your condition and why you need it. Allow plenty of time for additional questioning and testing.
- Wait to purchase water if at all possible until 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, lozenges, gum and/or juicy fruit on board to stay moist. Foods in original containers are allowed through security and on the plane.
- Use nasal saline a couple of days before flying and on the plane.
- If you take Salagen® or Evoxac®, ask your doctor about taking it before boarding.
- Carry a wet washcloth in a zip loc bag to place on your eyes or use special humidifying goggles such as Tranquileyes™ (an airline attendant can provide hot water). Bring moisture chamber glasses if you have them.
- If taking an immunosuppressant, consider wearing a mask over your nose and mouth.
- Always check out the latest information at www.tsa.gov, or call your airlines before traveling – especially if you are traveling internationally.

A new service, TSA Cares, is now available specifically to help travelers with medical conditions and disabilities. Contact their office 72 hours ahead of your scheduled travel for answers to your questions. Call the TSA Cares Help Line at 1-855-787-2227, email TSA-ContactCenter@dhs.gov, or visit their site online at <https://www.tsa.gov/travel/special-procedures>

For more information on Sjögren's, visit the Foundation website at www.sjogrens.org, call 301-530-4420, email info@sjogrens.org, or write to the Sjögren's Foundation, 10701 Parkridge Blvd, Ste 170, Reston, VA 20191