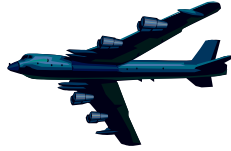


Going on Vacation?

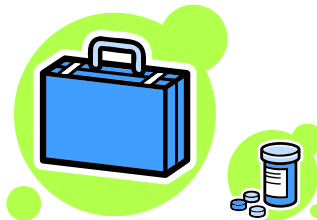
Thoughts on traveling with medication.



At this time of year, we see many of our fellow Sitkans leaving town for a bit of rest and relaxation. Avoid being stuck at a pharmacy or doctor's office because your medication has been left behind or lost. When planning your journey, keep some of these helpful tips in mind to make traveling with medication hassle-free.

- ✓ Bring enough medication to cover you for your trip plus one extra week if possible.
- ✓ Get your prescriptions refilled or filled as early as possible before leaving.
- ✓ Have your doctor write extra prescriptions for you to travel with, including both the brand and generic name of the medication. This can make dealing with lost or stolen medications easier.
- ✓ Always carry your medication in your carry-on bag. Medications are allowed through TSA in carry-on luggage. TSA requires you to declare any liquids, gels or aerosols to the security officer and that all medications are labeled by your pharmacy or physician and in their original container.
- ✓ If you are traveling with any controlled (narcotic) substances or syringes it is not a bad idea to carry a letter form your doctor to avoid complications with airport security or customs.
- ✓ Some medications can cause sensitivity to sunlight, ask your pharmacist.
- ✓ Bring a list of all of your medications, how you take them and what they are for.
- ✓ Carry your Doctor and Pharmacy's phone numbers in your wallet.
- ✓ Try to keep your medicines in a cool, dry place.
- ✓ Ask your doctor if there are any vaccines or preventative medicine that you need to have for travel to certain areas.

DONT FORGET TO PACK THEM!!!!!!



Enjoy your trip!