



# Youth With Diabetes does: AIR TRAVEL



Below are some real world stories that people living with diabetes have experienced when flying both locally and internationally. So YWD has come up with a quick list of tips for you when flying this season



### Krystal

This year I missed a connecting flight **due to going low in the** Miami airport. I was sitting at the gate for 6 **hours and went low, fell asleep and they boarded the plane.** No one thought to try and wake me or see if I needed help. I luckily woke up on my own, after the plane departed, and had to take the flight the next day instead!



### Mohammad

Before boarding the plane in Hong Kong, a flight attendant forced me to hand her my insulin syringes, saying that they represented a hazard according to their airline's policy. I told her that the medication was for treating my diabetes and that it has to be taken on time, or I would be very ill. I didn't eat anything for the entire duration of flight because I was worried about high blood sugars and ketones.



### Gareth

I was flying locally when my **sugar** went low, but I had hypo-unawareness at the **time so** didn't realise. I started dozing off in my seat. The next thing I **know**, I woke up in the airport's first aid room. The nurses were aggressively demanding to know what drugs I had used because I had been acting so strangely and was unable to speak. I tried to tell them that I had diabetes but they wouldn't believe me. Luckily they found a business card of my diabetes educator in my wallet and called her. The nurses then put me on a glucose drip and I recovered within 30 minutes. Not a fun experience at all!

Hi there flight attendant,  
I'm **DIABETIC**  
If you see me acting strange...  
I'm **NOT** drunk  
I'm **NOT** on drugs  
**I NEED SUGAR!**

name: \_\_\_\_\_  
seat number: \_\_\_\_\_

*cut out & keep!*

## ☆☆☆ Travelling Tips ☆☆☆

- ✓ **PACK MORE THAN ENOUGH MEDICATION AND SUPPLIES AS YOU MIGHT NOT BE ABLE TO GET MORE OF YOUR MEDICATION AT YOUR DESTINATION.**
- ✓ **GET A LETTER FROM YOUR DOCTOR STATING THAT YOU'RE DIABETIC AND WILL BE TRAVELLING WITH INSULIN AND NEEDLES, JUST IN CASE YOU GET ASKED AT THE X-RAYS.**
- ✓ **PACK YOUR INSULIN INTO A COOLER BAG TO PROTECT IT FROM TEMPERATURE CHANGES. LABEL THE BAG WITH ALL YOUR CONTACT DETAILS AND CARRY IT IN YOUR HAND LUGGAGE.**
- ✓ **CARRY GLUCOSE TABLETS AND SNACKS WITH YOU ONTO THE PLANE. JUST REMEMBER, NO LIQUIDS.**
- ✓ **DON'T CARRY ALL YOUR INSULIN AND NEEDLES IN ONE SUITCASE. SPLIT IT BETWEEN PEOPLE IF YOU ARE TRAVELLING WITH OTHERS.**
- ✓ **CONSIDER THE TIME DIFFERENCE – CONFIRM WITH YOUR HEALTH CARE TEAM HOW YOU SHOULD ADAPT YOUR INSULIN ROUTINE TO ACCOMMODATE FOR THIS.**
- ✓ **MAKE SURE TO WEAR A MEDICAL BRACELET OR NECKLACE THAT SAYS THAT YOU HAVE DIABETES.**
- ✗ **EXPLAIN TO YOUR FLIGHT ATTENDANT THAT YOU ARE DIABETIC. WE'VE INCLUDED A TAB FOR YOU TO CUT OUT AND GIVE TO THE ATTENDANTS.**

*life can be sweet*