

# HUXI

## Goes on Vacation!

**A Panda with  
Cystic Fibrosis**  
A Coloring Adventure

Foundation Care™  
An **AcariaHealth** Solution



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**Thank you for your valuable input throughout the creation of this patient resource!**

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Created by Foundation Care Pharmacy to teach young children about cystic fibrosis.

Also available from Foundation Care:

The Amazing Story of Huxi: A Panda with Cystic Fibrosis

A Parent's Reference: Caring for an Infant/Child with Cystic Fibrosis

A Teen's Guide: Managing Your Life with Cystic Fibrosis

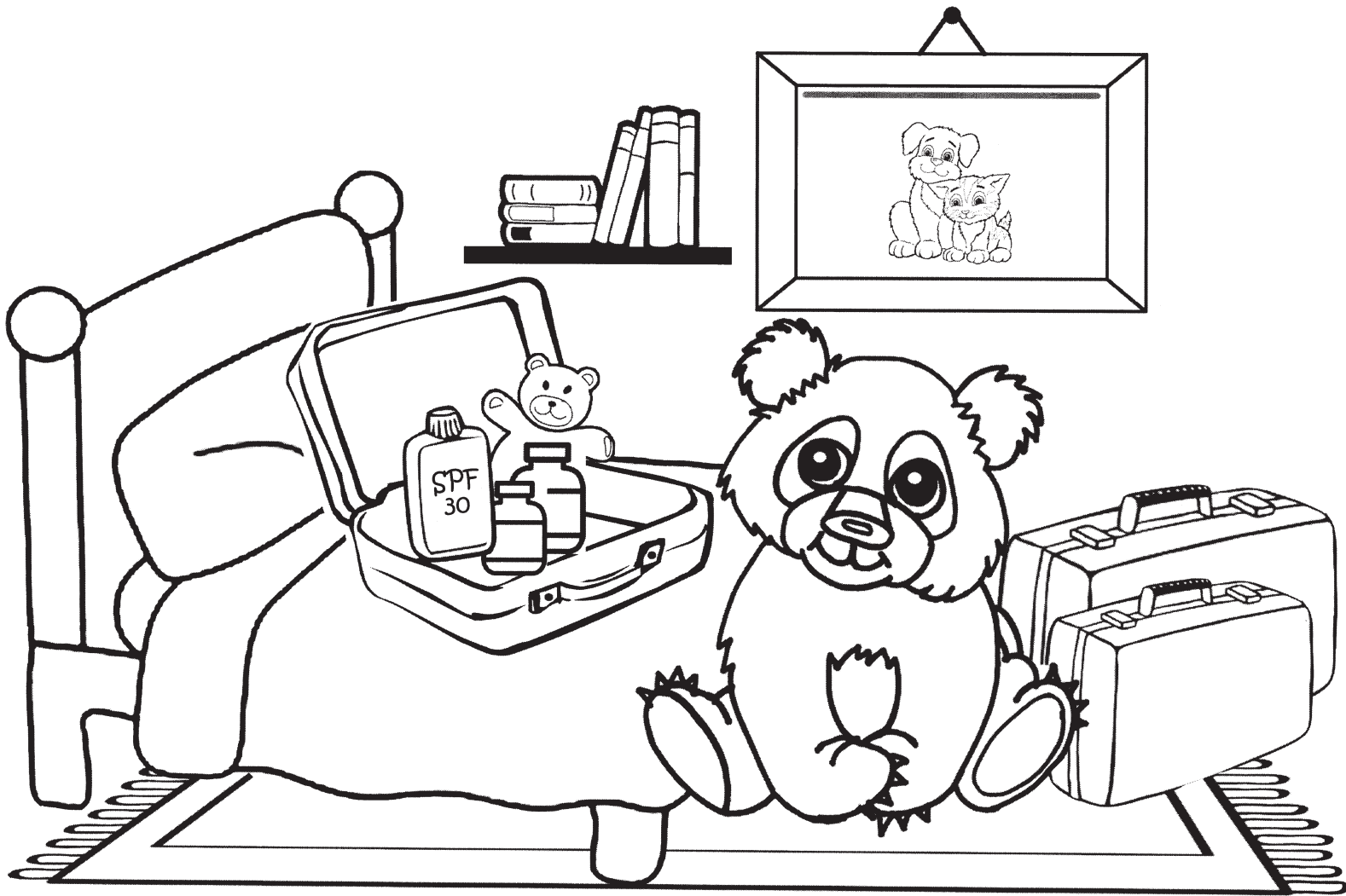
An Adult Coloring Activity



Greetings everyone!

Remember our friend Huxi? She's a young Giant Panda from the forests of China and what makes her so special is that she has cystic fibrosis!

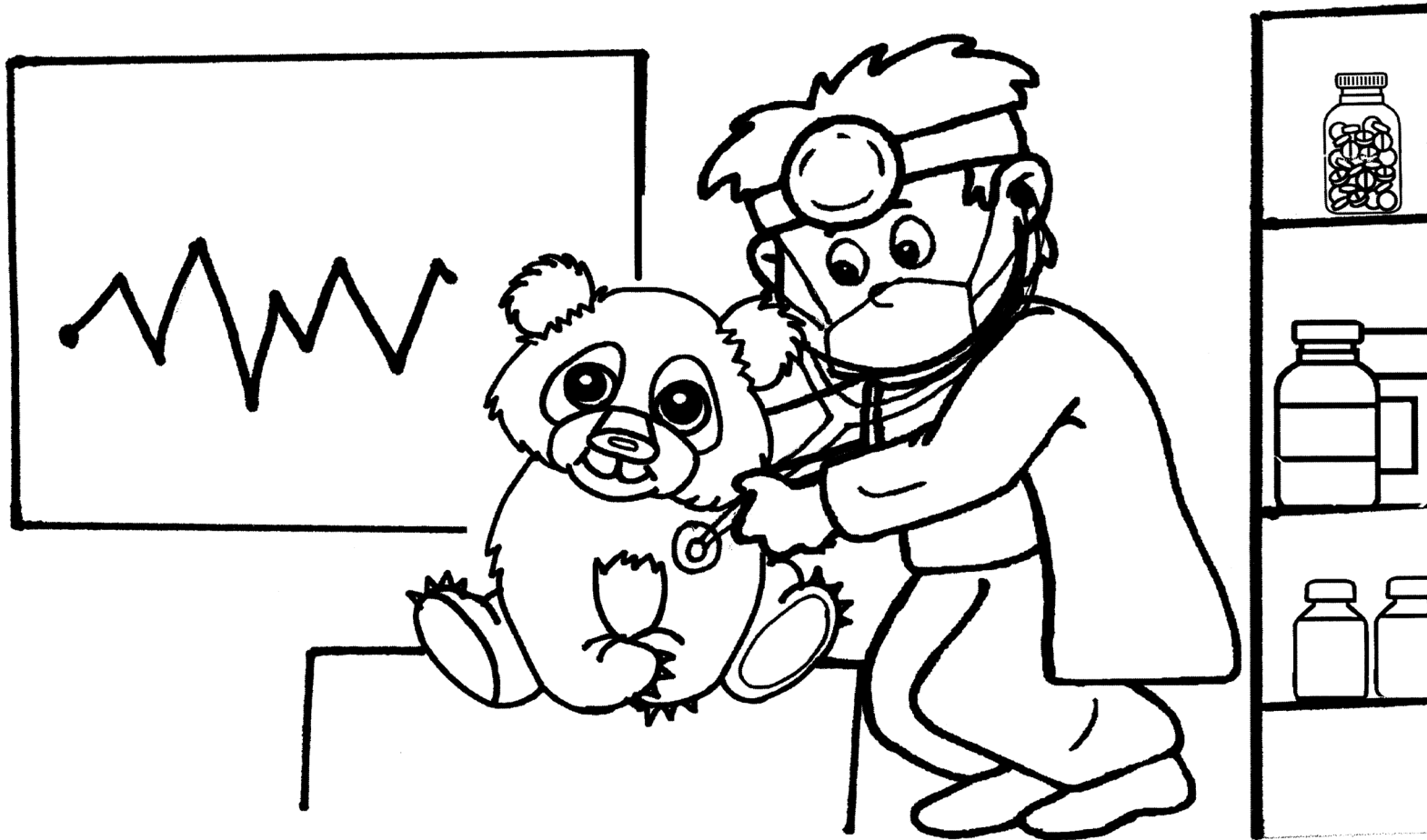
And she's going on VACATION!



This year, her mom and dad have decided to take everyone on a fun filled family vacation!

Huxi has to pack a few extra things when she travels because of her cystic fibrosis. She is so excited about the trip that she's been packing for weeks!





Huxi and her parents have done a lot to get ready for this trip. The first thing Huxi did was talk to her CF Care Team. They talked about the trip and what she needed to bring with her. They made sure she had all of the immunizations (shots) that were required. Also, they checked to see if she had enough medicine to last the entire trip – which she did! They even packed a few extra days of medications in case their trip lasted longer than they had planned. She won't need a refill until she gets home!

Don't forget...

Contact CF Care Team

Get all necessary immunizations

Refill medications (if needed)



Next, Huxi's parents wrote down all of her doctor's information, along with the contact information for her CF clinic, an explanation of Cystic Fibrosis diagnosis and a list of her medications and devices. Once she had all of the information, the family put it somewhere safe to make sure it wouldn't get ruined while traveling.

Don't forget...

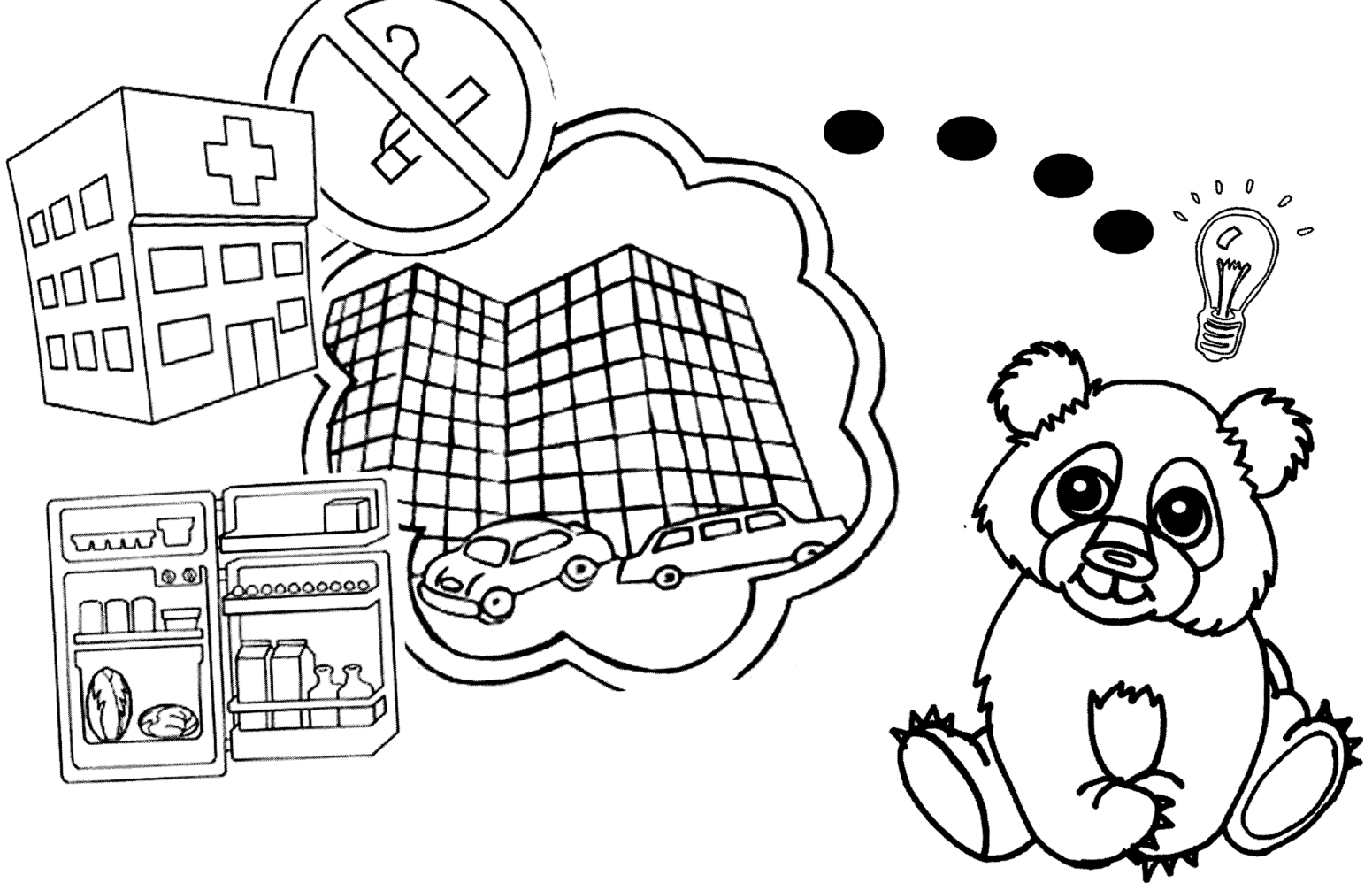
- |  |   |
|--|---|
| <input type="checkbox"/> Written explanation of CF                     | <input type="checkbox"/> Doctor's contact information   |
| <input type="checkbox"/> List of medications                           | <input type="checkbox"/> List of devices  |
| <input type="checkbox"/> Immunization (shot) records                   | <input type="checkbox"/> Insurance Information  |
| <input type="checkbox"/> Contact information for the closest CF Center | <input type="checkbox"/> Translate medical information into destination city's language (if applicable) |



The third thing Huxi and her family did to prepare for the trip was check the airport's website and call the airline and airport. They checked to make sure they were allowed to bring all of Huxi's medications and devices on the airplane. Her vest takes up a lot of space, so she needed a lot of room in the overhead compartment.

Don't forget...

- Check website and call airline to make special arrangements
- Call airport to discuss security procedures
- Consider travel insurance and/or check with insurance company
- Make special arrangements with airport/airline if supplemented oxygen is needed



Next, her parents found the perfect hotel for the family! What makes a hotel perfect?

1. An air-conditioned, non-smoking building to make sure the air is clean and won't affect Huxi's breathing.
2. A mini-fridge to store refrigerated medications AND delicious beverages.
3. It is located near a hospital and / or a CF Center (just in case).



Huxi's family is traveling to a different country, which means they need to remember their passports!

Huxi also needs to remember to do her vest and nebulizer treatments, but different countries have different size wall plugs. Luckily, her parents remembered to buy a special plug, so her vest and nebulizer treatments do not have to be stopped or delayed.

Don't forget...

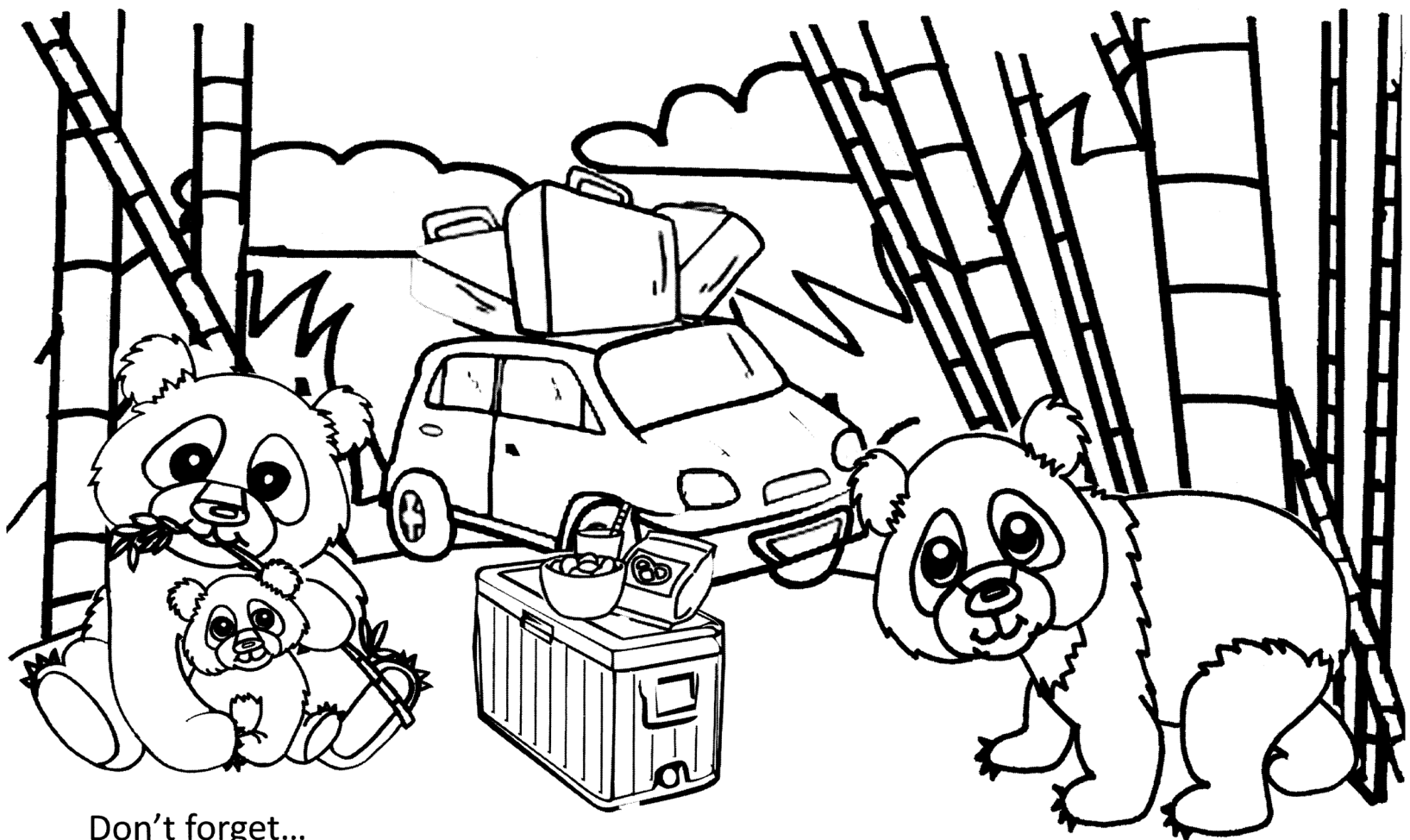
Vest

Passports

Adapter plug

Compressor / nebulizers

Because the family lives deep in the forest, the car ride to the airport can take FOREVER! So her parents have to make sure they bring extra snacks, medications, batteries, tissues and hand sanitizer. Also, some of the medicine Huxi takes needs to be kept cold, so they've packed a cooler, too!



Don't forget...

- Snacks
- Batteries
- Hand Sanitizer

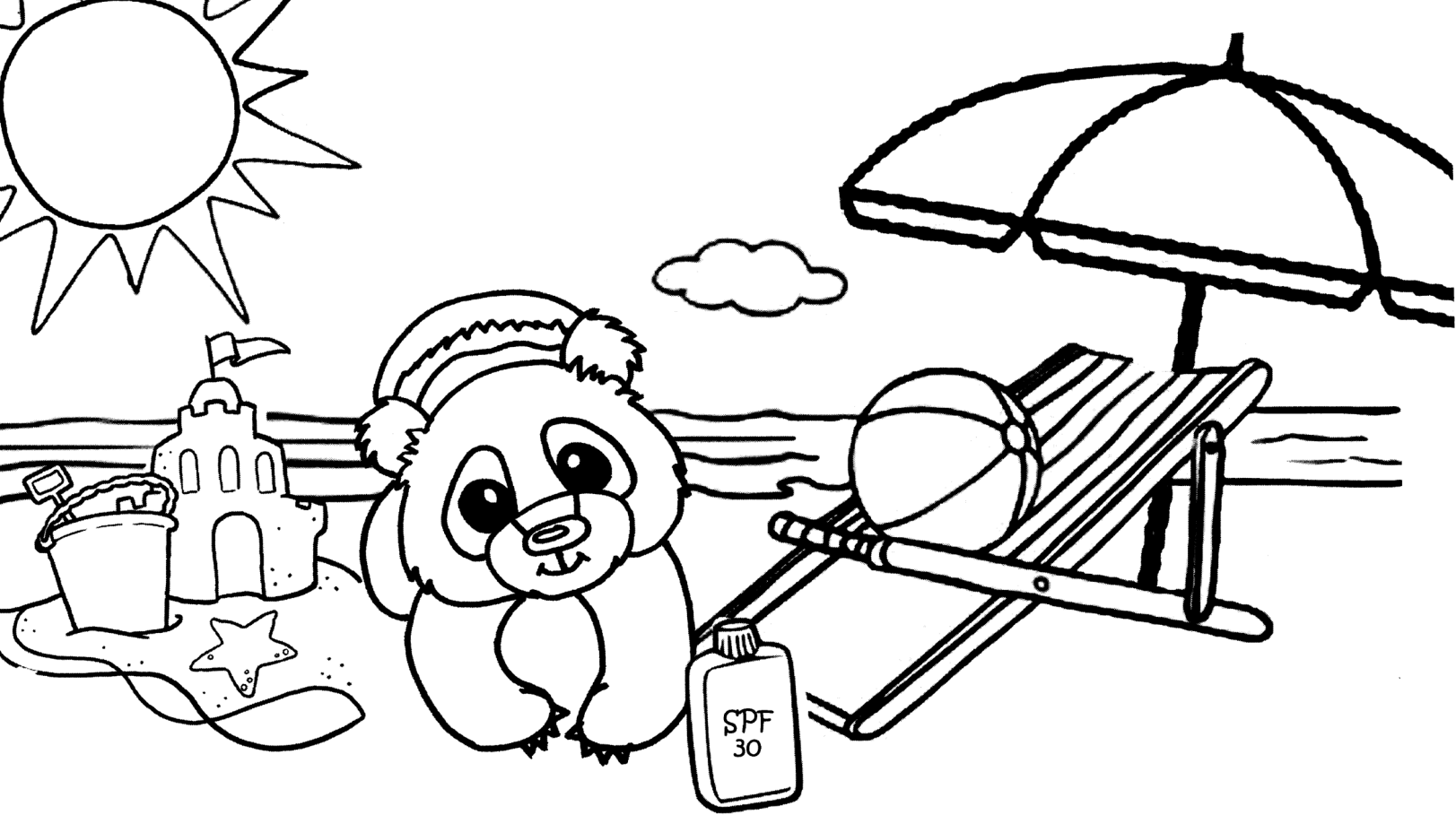
- Medications
- Tissues



The security line at the airport is long and the wait is boring, but because her parents checked with the airline before their trip, they don't have to spend too much time getting checked in. Plus, Huxi brought her favorite new book to read, so she doesn't mind the wait. And because the airline knows about how special Huxi is ahead of time, she's allowed to bring her medicines and devices with her on the plane!

Don't forget...

- |   |   |
|---|---|
| <input type="checkbox"/> Get a doctor's note    | <input type="checkbox"/> Pack Devices         |
| <input type="checkbox"/> Pack cleaning supplies | <input type="checkbox"/> Contact the airlines |



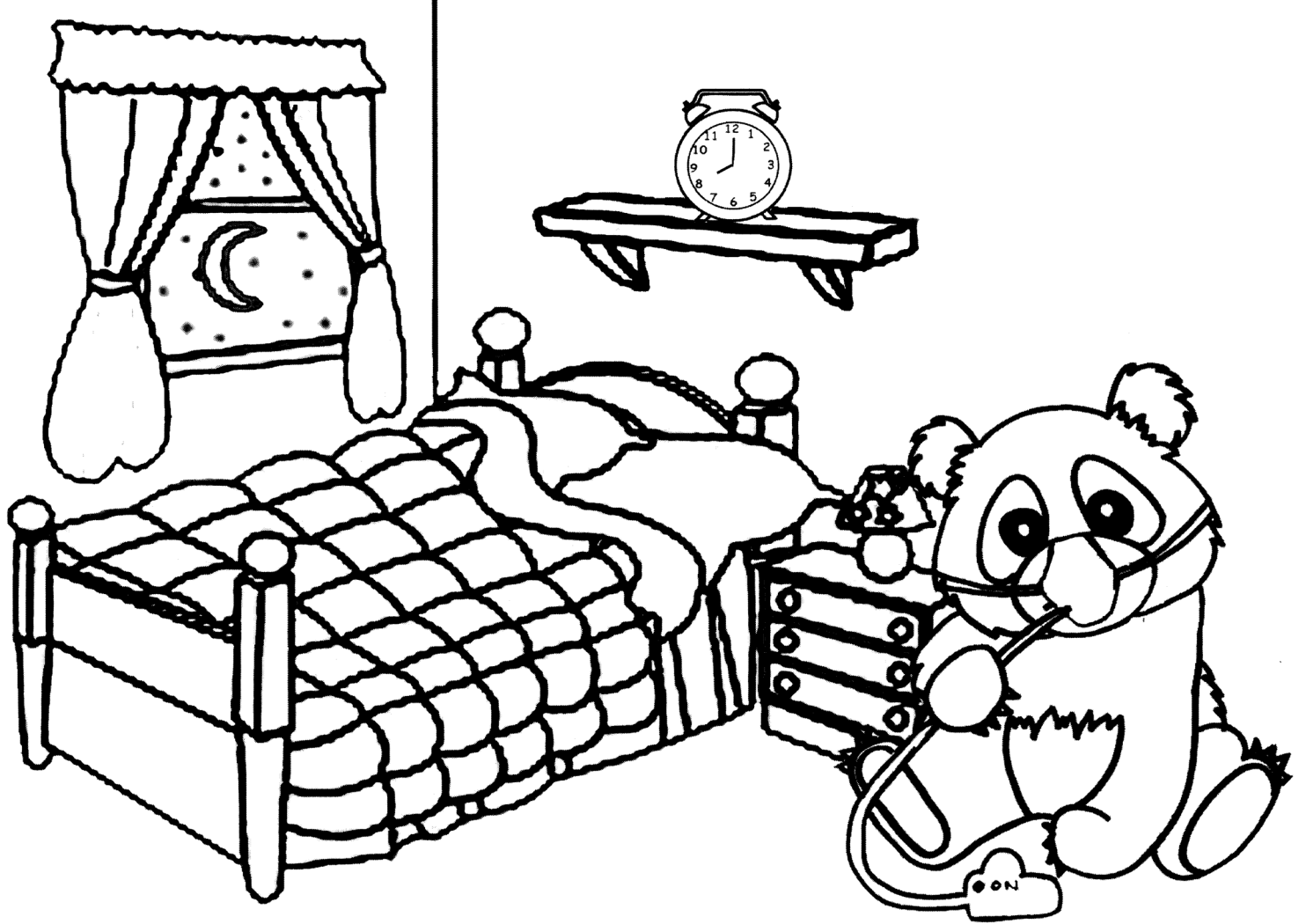
Huxi is traveling to a beach where it will be HOT! Her doctor reminded Huxi to eat food with lots of extra salt while she's on her vacation. She needs to make sure she drinks lots of liquids!

Also, some of Huxi's medicines make her super sensitive to the sun, so she makes sure she's reapplying her sunscreen often.

Don't forget...

- Sunscreen
- Salty Snacks
- Extra bottles of water (or other liquids recommended by care center)





When Huxi and her family arrive at their hotel, Huxi's mom reminds Huxi that it is treatment time. Even though they are on vacation, Huxi will keep to her usual treatment schedule. She wants to stay healthy so she can have as much fun as possible during the family's trip.

Don't forget...

- Stick to a schedule.

Huxi went on A LOT of adventures during her vacation! She went paddle boarding, surfing and even swam with dolphins! While keeping active, Huxi was exercising and didn't even know it! She was making her lungs strong and having fun all at the same time!

Don't forget...

Stay active.



Because Huxi and her family planned the vacation so well and made all the important preparations, Huxi was healthy throughout the entire trip. When she went in for her next doctor's visit, the only thing she had to report was the great time she had!

The Travelers' Health page on the **Centers for Disease Control and Prevention** website has a wealth of travelers' health information to help you plan your trip. Get current, reliable information about vaccines, medications and other measures for you and your CF care team to consider before you depart. <http://wwwnc.cdc.gov/travel/>

### Your Travel Checklist:

- Contact CF Care Team
- Refill medications (if needed)
- Get all necessary immunizations
- Written explanation of Cystic Fibrosis
- List of medications and devices
- Immunization (shot) records
- Doctor's contact information
- Insurance information
- Laminate all important information
- Pack your vest
- Pack your compressor
- Pack your cleaning supplies
- Pack your nebulizer cups
- Remember your passports (if necessary)
- Adapter plug
- Snacks
- Extra batteries
- Hand sanitizer
- Sunscreen
- Salty Snacks
- Pack medications
- Pack devices
- Buy extra bottles of water when you get to destination
- Tissues
- Consider travel insurance
- Stick to an itinerary
- Stay active
- Call the airport and your airline to make special arrangements
- Translate medical information into destination city's predominant language



TSA Requirements: [www.tsa.gov/traveler-information](http://www.tsa.gov/traveler-information)  
Passenger Support Specialist (TSA Cares Hotline): (855) 787-2227



# Foundation Care<sup>TM</sup>

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