

# Five Tips for Safe Travel with Infants



## 1 ENSURE CHILDREN ARE HEALTHY FOR TRAVEL

Discuss any pre-existing conditions or health issues with your pediatrician prior to traveling. If your child has been sick, or becomes sick at the time of departure, share your concerns with a gate agent so a proper assessment can be made prior to take off. Taking a preventative approach on the ground will avoid an in-flight emergency where options are limited.



## COME PREPARED

The most common in-flight ailments for infants and children are gastrointestinal and respiratory related. Parents should travel with their own supply of common medications such as analgesics, antihistamines, and an anti-emetic should it be needed in flight. Always keep these medications in your carry-on luggage, keeping in mind you will need to use travel size bottles for liquids to meet TSA guidelines.

## LOCATION. LOCATION. LOCATION.

### 3



If you can afford it, you should purchase infants a seat rather than have them travel as lap infants. **The safest option is to have a child secured using an FAA approved child restraint system (CRS) at all times.** Use the CRS beyond takeoff and landing to avoid common injuries such as falling from a parent's lap or into the aisle.

If an extra seat isn't an option, the next best choice is a **window or middle seat.** Avoid the aisle seat—many in-flight injuries occur when items fall from overhead bins, children fall into the aisle, collide with other passengers or the crew meal cart, or hot liquids are spilled while being passed over other passengers.

## 4 TAKE TURNS KEEPING CHILDREN OCCUPIED

If there is more than one adult traveling in your party, take turns staying vigilant to ensure the safety of the child while the other adult rests. The longer the flight, the more antsy the child will be; be sure to bring items to keep little ones occupied in the seat and minimize the time that they are not using a CRS.

If you do have an emergency, stay calm and rest assured knowing that help is available. Ask the flight attendant for assistance as soon as you identify any health concerns. **It is never too early for you to bring up a medical concern** - in fact, the earlier it can be addressed the better.



## 5 PRACTICE SAFE SLEEP

Always practice safe infant sleeping wherever you are, as suffocation and SIDS (sudden infant death syndrome) related fatalities can occur anywhere. Be careful to ensure that your lap baby is not overdressed or overheated on the plane, allowing for good ventilation when sleeping on a parent.

Airlines have protocols to help passengers when health incidents occur on board. The flight crew is trained in first aid and knows what to do to help in an emergency, often utilizing remote medical assistance from emergency health care providers on the ground that can advise and assist.

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