

AEROMEDICAL FLYER

ALPA AEROMEDICAL GROUP

alpa

Travel Health Kits

Pilots travel in areas where medical services are limited. Whether you are on a domestic layover in a small city on a Sunday evening or in a remote location overseas, it is a good idea to prepare for health problems that might affect you or someone on your crew. There is not always a pharmacy easily available! The Centers for Disease Control and Prevention (CDC) recommends that travelers pack a kit of health-care supplies. Each traveler will have individual needs, such as prescription medications. The following link is to a general guideline to the type of items you should consider packing: <http://wwwnc.cdc.gov/travel/content/pack-smart.aspx>.

We recommend that you make up your own list and take it with you to your next physical exam. Discuss with your AME the ideas for your travel kit, and make sure you know any restrictions the FAA might have on drugs you intend to pack. Also, consider the quantities and types of items you carry that will have to pass through Customs and security checkpoints.

As always, fly in good health!

ALPA Aeromedical

Pack Smart

Adapted from the above-referenced CDC Website

The following items will be useful to have during your trip:

- Copies of your passport and travel documents. Place a copy of your passport and travel documents in each piece of luggage, in case you lose the original documents. Don't forget to leave a copy with a friend or relative at home.
- Items that might go in your travel health kit.

Check the Transportation Security Administration website for updates on permitted and prohibited items, including medicines that you are allowed to carry on board an airplane.

Some items may not be allowed in other countries. It is a good idea to check the Customs and Import Restrictions section of the U.S. Department of State Tips for Traveling Abroad.

What to Pack in Your Travel Health Kit

Use this list to help you think of things to pack in your travel health kit. Be sure to think about where you typically fly and whether you will have access to health items and supplies.

Medicines

- Prescription medicines you usually take
 - ♦ If you have a severe allergy and epinephrine has been prescribed by your doctor, bring your Epinephrine auto-injector (for example, an EpiPen).

NOVEMBER/DECEMBER 2009
VOLUME 4 • ISSUE 5

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FYI: Table of contents entries, e-mail addresses, and Web addresses are hyperlinked.



- Special prescriptions that may be useful
 - ♦ Medicines to prevent malaria, if needed
 - ♦ Antibiotic prescribed by your doctor for self-treatment of moderate to severe diarrhea
- Over-the-counter medicines
 - ♦ Antidiarrheal medication (for example, bismuth subsalicylate, loperamide)
 - ♦ Antihistamine
 - ♦ Decongestant, alone or in combination with antihistamine
 - ♦ Anti-motion sickness medication
 - ♦ Medicine for pain or fever (such as acetaminophen, aspirin, or ibuprofen)
 - ♦ Mild laxative
 - ♦ Cough suppressant/expectorant
 - ♦ Cough drops
 - ♦ Antacid
 - ♦ Antifungal and antibacterial ointments or creams
 - ♦ 1 percent hydrocortisone cream

*Leave a
copy of your
prescriptions
at home with
a friend or
relative.*



Other Important Items

- Supplies to prevent illness or injury
 - ♦ Insect repellent containing DEET (30–50 percent) or picaridin (up to 15 percent)
 - ♦ Sunscreen (preferably SPF 15 or greater) that has both UVA and UVB protection
 - ♦ Antibacterial hand wipes or alcohol-based hand sanitizer containing at least 60 percent alcohol
 - ♦ Lubricating eye drops
- First-aid supplies
 - ♦ First-aid quick-reference card
 - ♦ Basic first-aid items (bandages, gauze, Ace bandage, antiseptic, tweezers, scissors, cotton-tipped applicators)
 - ♦ Moleskin for blisters
 - ♦ Aloe gel for sunburns
 - ♦ Digital thermometer
 - ♦ Oral rehydration solution packets
- Health insurance card (either your regular plan or supplemental travel health insurance plan) and copies of claim forms

Special Note about Prescription Medicines

- Pack copies of all prescriptions, including the generic names for medications.
- Pack a note on letterhead stationery from the prescribing physician for controlled substances and injectable medications.
- Leave a copy of your prescriptions at home with a friend or relative.
- Check with the American embassy or consulate to make sure that your medicines will be allowed into the country you are visiting. Some countries do not let visitors bring certain medicines into the country.

Additional information
can be found on the
CDC website.



Centers for Disease Control and Prevention
Your Online Source for Credible Health Information WWW.CDC.GOV

Changes to suspected communicable disease notification procedure

Commanders of aircraft involved in international air transport hold the responsibility to notify the authorities at their destination of any cases of communicable disease present on their aircraft. Normally this is accomplished by the submission of a General Declaration. If during the journey, the commander became aware of a case of communicable disease, the only way of informing the destination in advance was by use of company communication channels to direct a message to the company staff or handling agents at destination for them to inform the authorities in advance of arrival.

On account of the vagaries of this system and a desire to ensure that early warning of communicable disease is rapidly transmitted, ICAO has published an amendment to PANS ATM which comes into force on 19 November 2009.



From then, the normal Air Traffic Services (ATS) system may be used to transmit details of communicable disease on an aircraft to destination. This will ensure that the message receives appropriate priority and reaches the authorities at destination in a timely manner. The requirement is that a commander, on becoming aware of a suspected case of communicable disease, will inform the en-route ATS unit with which he or she is then in contact, with details of the aircraft, its departure and destination with ETA, together with the total on board and the nature and numbers of suspected cases on board. This will then be passed directly to the destination using the AFTN. The details of the amendment are copied below.

Amendment 2 to PANS ATM 19 November 2009

16.6 NOTIFICATION OF SUSPECTED COMMUNICABLE DISEASES, OR OTHER PUBLIC HEALTH RISK, ON BOARD AN AIRCRAFT

16.6.1 The flight crew of an en-route aircraft shall, upon identifying a suspected case(s) of communicable disease, or other public health risk, on board the aircraft, promptly notify the ATS unit with which the pilot is communicating, the information listed below:

- a) aircraft identification
- b) departure aerodrome
- c) destination aerodrome

- d) estimated time of arrival
- e) number of persons on board
- f) number of suspected case(s) on board
- g) nature of the public health risk, if known

16.6.2 The ATS unit, upon receipt of information from a pilot regarding suspected case(s) of communicable disease, or other public health risk, on board the aircraft, shall forward a message as soon as possible to the ATS unit serving the destination/departure, unless procedures exist to notify the appropriate authority designated by the State and the aircraft operator or its designated representative.

16.6.3 When a report of a suspected case(s) of communicable disease or other public health risk on board an aircraft is received by an ATS unit serving the destination/departure, from another ATS unit or from an aircraft or an aircraft operator, the unit concerned shall forward a message as soon as possible to the public health authority (PHA) or the appropriate authority designated by the State as well as the aircraft operator or its designated representative, and the aerodrome authority.

Note 1: See Annex 9 — Facilitation, Chapter 1 (Definitions), Chapter 8, 8.12, and 8.15, and Appendix 1, for relevant additional information related to the subject of communicable disease and public health risk on board an aircraft.

Note 2: The PHA is expected to contact the airline representative or operating agency and aerodrome authority, if applicable, for subsequent coordination with the aircraft concerning clinical details and aerodrome preparation. Depending on the communications facilities available to the airline representative or operating agency, it may not be possible to communicate with the aircraft until it is closer to its destination. Apart from the initial notification to the ATS unit whilst en route, ATC communications channels are to be avoided.

Note 3: The information to be provided to the departure aerodrome will prevent the potential spread of communicable disease, or other public health risk, through other aircraft departing from the same aerodrome.

Note 4: AFTN (urgency message), telephone, facsimile, or other means of transmission may be used.

ALPA Aeromedical Committee Pandemic Position

The Pandemic Group:

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*In flight,
we are
“first
responders”
to any
medical
situation.*

For our industry to be viable, crews and passengers must feel confident that flying will not jeopardize their health. We support well-crafted policies and medical technology that will help in that regard.

Our commitment to safety and good travel health is demonstrated every day by the work of ALPA staff and volunteers across the globe. We attempt to communicate and cooperate with many airlines and agencies toward that end.

National authorities may screen or detain travelers, including crewmembers, while responding to a public health risk. “But travelers should always be treated with dignity and respect for their human rights,” and measures that significantly interfere with international traffic should have a “public health reasoning” (World Health Organization Update, May 7, 2009).

We rely on Flight Operations staff to keep us aware of current country-specific procedures and regulations regarding pandemic policy.

In the event that aircraft diversions and/or quarantines are required due to infectious illness, we expect Flight Operations to have made contingency plans in concert with government regulators and medical experts. We expect appropriate operational support, as well as medical care for passengers and crews at diversion airfields and/or in quarantine situations.

In flight, we are “first responders” to any medical situation. We desire as much relevant training and equipment for handling infectious passengers as is recommended by experts, such as the CDC aviation group and the IATA IOSA standards manual.

We are tasked, by regulation, to be observers and reporters of infectious disease symptoms. We can only be as effective in that role as our training and our company policies and procedures are.

We encourage our members to spend some time reading CDC and company-provided resources on travel health and to practice good travel hygiene. In addition, you should regularly consult with your physician on your current health situation, the areas where you travel, your vaccination status, and on packing a travel health kit as the CDC recommends.

Airline employees are in a medium-risk job for influenza exposure, as defined by Health and Human Services (HHS) guidelines. Employees who are at high risk for flu complications, or who regularly care for people who are, should discuss these risks with their physicians and take appropriate actions. Our airlines should support us in taking appropriate actions to protect our health and that of those in our care.

Because of possible travel restrictions and/or quarantines during a pandemic, crews must have access to health care on site, wherever they travel, which should include different classes of antiviral medications.

Crews should not have to use their personal sick leave to recover from illnesses contracted while on duty, on a layover, or as a result of a company-recommended or -mandated medications or vaccinations.

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