

## **Travel Advisory Update**

*Carry-on luggage ban may come with health concerns*

In response to a recently uncovered terror plot in Britain, the Transportation Security Administration (TSA) has issued new rules banning nearly all liquids, including beverages, lotions and hair gels, from being taken on planes. These restrictions may be here to stay, making travel more challenging, but ultimately safer. Several airlines are also prohibiting electronic items, including laptop computers and cell phones from carry-on baggage, while others are prohibiting carry-on baggage all together. Travelers should check with their specific airline carrier to determine what may be carried-on and what items must be checked-in. The impact will be felt particularly among business travelers, who often take shorter trips and thus, try to avoid checking luggage. With the new restrictions in place, carry-on luggage may become a thing of the past. In order to avoid added stress at the airport, the TSA suggests that travelers should plan to arrive at the airport at least two hours in advance.

### **Examples of what you cannot bring in your carry-on:**

- Drinks (including those purchased at the airport)
- Toothpaste
- Perfume
- Shampoo
- Hair gel
- Eye drops
- Contact lens solution
- Suntan lotion and similar items

Baby formula and most medicines are exempt from the ban, but must be presented for inspection.

### **Health concern**

Despite the general medication exception, the restrictions do present a health concern, especially among those with heart disease, asthma and diabetes. The long lines, stress of traveling under threatening conditions, heat, panic attacks, increased adrenaline and rapid heart rate can all exacerbate health conditions. It is important that individuals with these health conditions keep their medications with them at all times and should not adjust their dosages or eating schedules around airport delays. The best thing travelers can do is to keep all medication in original packaging with dispensation instructions, as well as carry a doctor's note. This could help expedite the inspection process and get travelers safely, and healthily, on their way.

### **References:**

Air Security International. (2006). Retrieved August 14, 2006, from <http://www.airsecurity.com>

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