

Medical Fitness to Fly

If you have any questions or concerns about your travel on Eastern Air Services (EAS) aircraft especially with regard to any of the operational limitations or constraints in this document, please contact EAS 1300 359 327 or email office@easternairservices.com.au.

Generally, healthy passengers are able to tolerate air travel well, however the cabin environment may present a challenge for those with certain medical conditions or those travelling during or following treatment or rehabilitation.

EAS requires passengers with a medical condition or passengers intending to travel during or following treatment/rehabilitation to notify us prior to, or at the time of making of your booking. Moreover, EAS requires passengers in the following categories to provide us with an *EAS Medical Information Form*, completed and signed by your treating medical practitioner, at least 72 hours prior to your scheduled departure. The categories are:

- if you have, or you have experienced, a medical condition identified in the *EAS Medical Clearance Guidelines*;
- if you or your doctor is unsure about your fitness to fly; or
- if you have had recent surgery; you suffer from an ailment not specified in the *EAS Medical Clearance Guidelines* or any other condition (including communicable diseases and infections) which may affect your health or the health of other passengers whilst on board our aircraft and inflight.

This is not an exhaustive list so if you are in doubt about your fitness to fly, then EAS strongly recommends you speak to your treating medical practitioner before booking your flight, and again, prior to your scheduled departure.

If you are required to provide us with an *EAS Medical Information Form* and fail to do so or if you present at the boarding gate and appear physically ill (i.e. vomiting), requiring first aid or oxygen, our Flight Crew may, with absolute discretion, refuse to allow you to board our aircraft until a completed form has been provided. Moreover, this may result in you forfeiting your flight and may incur fees and charges subject to the EAS Fare Rules and Conditions of Carriage.

EAS staff are not medically trained and will only be able to render limited first aid assistance to passengers in the event of a medical emergency on board our aircraft.

In this document you will find the following information:

- Medical Clearance Guidelines
- Passengers with Certain Medical Conditions
 - Allergies
 - Pregnancy
 - Deep Vein Thrombosis (DVT)
- Travelling with Medications

EAS Medical Clearance Guidelines

The *EAS Medical Clearance Guidelines* provide detailed information for EAS passengers and their treating medical practitioner. The Guidelines adopt and accord with the IATA Medical Manual and may be updated by EAS from time to time. A copy of the *EAS Medical Clearance Guidelines* can be found on the EAS Website.

Passengers with Certain Medical Conditions

1. Allergies

EAS require passengers with allergies, and passengers with anaphylaxis to provide us with notice of their medical condition at the time of booking or at least 72 hours before your scheduled departure. You will not generally be required to provide *EAS Medical Information Form* if you are able to travel with appropriate medication and are able to self-administer your medication in the event of an allergic reaction.

EAS will require you to complete *EAS Medical Information Form* if:

- you are unable to travel with appropriate medication to treat an allergic reaction or anaphylaxis;
- you are unable to self-administer your medication in the event of an allergic reaction; or
- you have a severe allergy or anaphylaxis.

EAS cannot guarantee an allergy free environment on board our aircraft. If you require special assistance to manage your allergy whilst on board (for example, boarding the plane early to disinfect seats, tray tables and the like) please contact us and we will endeavour to accommodate your needs where possible.

EAS cannot prevent other passengers from bringing food containing allergens on board the aircraft, or from consuming food containing allergens whilst in flight.

2. Pregnancy

For passengers intending to travel when pregnant, or after delivery, the following precautions must be observed:

- **For travel after the first 28 weeks of your pregnancy:** You need to carry a certificate or letter from a registered medical practitioner or registered midwife confirming the estimated date of delivery, whether it is a single or multiple pregnancy, and that there are no complications with your pregnancy. The certificate or letter must be available on request and be carried with you at the airport and during the flight in your cabin baggage;
- **For flights of four hours or more:** If you are having no complications with your pregnancy you can travel up to the end of the 36th week of your pregnancy for single pregnancies or up to the end of the 32nd week for multiple pregnancies (for example, twins). *EAS Medical Information Form* (incorporating a doctor's clearance) is required if you are having complications with your pregnancy;
- **For flights of less than four hours:** If you are having no complications with your pregnancy you can travel up to the end of the 40th week of your pregnancy for single pregnancies and up to the end of the 36th week for multiple pregnancies (for example, twins). An *EAS Medical Information Form* (incorporating a doctor's clearance) is required if you are having complications with your pregnancy; and
- **If you wish to travel within seven days after delivery:** a Medical Information Form (incorporating a doctor's clearance) is required. Infants cannot travel for 48 hours after delivery and need an *EAS Medical Information Form* (incorporating a Doctor's clearance) in order to travel between three and seven days after delivery;

EAS do not represent that travel is safe for you at any particular point during your pregnancy. You must seek advice from your own medical practitioner prior to your flight. The periods referred to above, and set out in the *EAS Conditions of Carriage*, are our minimum requirements.

3. Deep Vein Thrombosis (DVT)

By its very nature medium to long-haul air travel involves extended periods of sitting. This may be a risk factor for some people forming blood clots in limbs, known as Deep Vein Thrombosis (DVT). You should discuss with your doctor whether you are at risk of suffering DVT and, if so, what preventative measures you should take.

Further information setting out when an *EAS Medical Information Form* is required for DVT sufferers is set out in the *EAS Medical Clearance Guidelines*. Passengers who have a previous history of DVT, even if it is managed should make a point of referring to our guidelines.

Travelling with Medications

EAS does require notice if you are travelling with medical sharps for personal use (even if the medical sharp is relevant to a severe allergy or anaphylaxis). If you require medication at the airport or during your flight, EAS reminds you:

- to carry your medication in your cabin baggage so it is always accessible to you;
- empty syringes cannot be carried in your cabin baggage unless you are carrying medication for use at the airport or on board our aircraft;
- to ensure any medication carried is identified with an appropriate pharmaceutical label including your name and documentation (for example a letter from your medical practitioner) confirming your use / need for the pharmaceuticals. This letter can be reusable and is not limited by a validity period; and
- to liaise with your pharmacist to ensure the correct storage and temperature for the carriage of your medication. If your medication needs to be chilled, it is your responsibility to do so. Eastern Air Services crew cannot accept or store medication on board the aircraft; there are no refrigerated facilities to accommodate medication.