

Newborn - Flying and Mountain Travel

Definition

- Questions about flying or mountain travel with a newborn baby

Health Information

Overview

- If your newborn was born premature or isn't healthy, you should always get medical clearance from your child's doctor before flying or traveling to altitude.
- Here is some general advice about travel for healthy newborns.

Care Advice

1. Flying With Newborns:

- Never fly during the first 7 days of life. If flying is needed, it's safe to fly after 7 days of age.
- If your newborn is not healthy, do not fly. Your child's doctor should give the okay first before flying.
- Your baby can be exposed to germs aboard aircraft. So, it is best not to fly before 2 or 3 months of age.

2. Mountain Travel With Newborns:

- Avoid mountain travel above 8,000 feet (2,438 meters) for the first month of life. (Except when the family lives there year-round)
- Travel to places below 8,000 feet (2,438 meters) is safe.
- Brief drives over higher mountain passes are safe.
- If your newborn is not healthy, don't travel above 8,000 feet (2,438 meters). Your child's doctor should give the okay first.

Call Your Doctor If

- Your baby starts looking or acting sick
- Your baby starts looking or acting abnormal in any way
- You think your baby needs to be seen

Pediatric Care Advice

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