



TRAVELING WITH HS

CONFIDENTLY



The image features a woman with dark, curly hair and a bright smile, wearing a white button-down shirt. She is holding a dark-colored folder or binder. The background is a modern office with glass partitions and desks. A faded, semi-transparent version of the same woman is visible in the background on the left side. Overlaid on the left side of the image is a white rectangular box containing the text 'INTRODUCTIONS & DISCLOSURES' in a bold, black, sans-serif font.

INTRODUCTIONS & DISCLOSURES

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New England Hope for HS Chapter



WHY?

What is our goal?

- Living with a chronic skin condition can be stressful.
- Stress can prohibit/prevent one from pursuing one's goals.
- Less stress equates to a healthier body which, in turns, leads to more fulfillment (i.e. the ability to feel like you have achieved something).
- Goal: To provide you with information that can help you travel confidently (i.e. traveling with less stress).



BEFORE YOUR TRIP

Preparation Tips



MAKE A LIST

Stay organized!

- Identify where and when you want to go.
- Talk to your doctor.
- Create a packing list.
- Prepare your money envelopes
 - Leisure
 - Emergencies
 - Food
 - Airport
- Consider a second payment method

Advance preparation allows you to enjoy each moment and feel less stressed!



TALK TO YOUR DOCTOR

Communicate!

Inform your doctor of all your plans:

- Travel destination
- Length of travel
- Type of transportation you will use
- Are you experiencing a flare?



ASK THE RIGHT QUESTIONS

Be prepared!

- Can you provide me with the name and contact information of any healthcare places that can treat HS?
- Can you tell me how I can manage my medication(s) during my travel?
- Can you send prescription refills to my pharmacy so I can get my medication(s) refilled before my departure?
 - Make sure you have enough for your entire trip
 - Consider delays
- Do they recommend any pre-travel immunizations/pills?



STEP BY STEP GUIDE TO PACKING

Write it down!

Make a list of all of your medications, including:

- Dosage
- Name of Prescriber and Contact Info
- Usage



STEP BY STEP GUIDE TO PACKING

Write it down!

Make a list of all of your supplies needed for flare (some examples):

- Clinical trial folder and paper diary
- Clinical trial electronic device with charger
- Clinical trial medication and pregnancy test
- Duoderm (including items needed for applying & removing the Duoderm)
- Heating and period pads
- Paper towels and a blow-dryer for help drying off (on the cool setting) the skin (particularly the areas affected by HS)
- Loose fitted clothes



PACK EFFICIENTLY

Ease the stress by knowing the rules and planning for all scenarios!

Place important items in your carry-on (on the floor by your feet for easy access):

- Medication/Medical Supplies
 - Prescription bottle/original packaging recommended. Labeling is a **must!**
 - Liquids, gels, creams, ice packs, pastes, and aerosols over 3.4 oz are allowed, but **must** be declared at checkpoint.. Suto-injectors, syringes, and pumps are permitted. **Label and declare them!**
 - Additional screening may be required. **You can request a private screening!**
- Travel Documents (especially packing lists in case items get lost or stolen)
- Doctor Letters
 - Helpful during TSA screenings.: Advanced imaging technology, metal detector, or a pat down.
 - **You will not be required to remove any medical devices and you can request a private screenings and screenings can take place while seated.**



Packing cubes help with organization while also allowing for you to pack more in a confined space. If you don't need it right away, put it in your check in bag!



MENTAL HEALTH CONSIDERATIONS

Don't forget to take care of
yourself!

Your carry on should also includes items that help you feel safe
and comfortable:

- Headphones
- Book
- Cell Phone and Charger
- Blanket and/or pillow

Connect with other warriors:

- HS Connect
- Facebook Groups



TRAVEL INSURANCE

Rest assured that you will be covered in case of emergencies!

Research multiple options!

- Make sure that there is Pre-Existing Medical Condition Exclusion Waiver!
 - You must meet the requirements as well! Here is what Allianz Travel Insurance requires:
 - US resident
 - Insure your non-refundable trip costs on the policy purchase date
 - Purchase your policy within 14 days (or the time period specified in your plan) of the first non-refundable trip payment or deposit
 - Be medically able to travel when the policy was purchased
- Coverage:
 - Cancellation of your trip due to health reason
 - Costs of medical care for a covered illness or injury (that occurred during your travel)





BREATHE!



DURING YOUR TRIP

Know your surroundings!



WHERE AM I?

Plan for emergencies!

Orient yourself with your surroundings:

- Where is the closest hospital or medical center? Does the hotel staff know of a good doctor?
- Know the various transportation options:
 - Taxi
 - Uber / Lyft (not available in all countries)
 - Bus
 - Metro / Subway
 - Walking

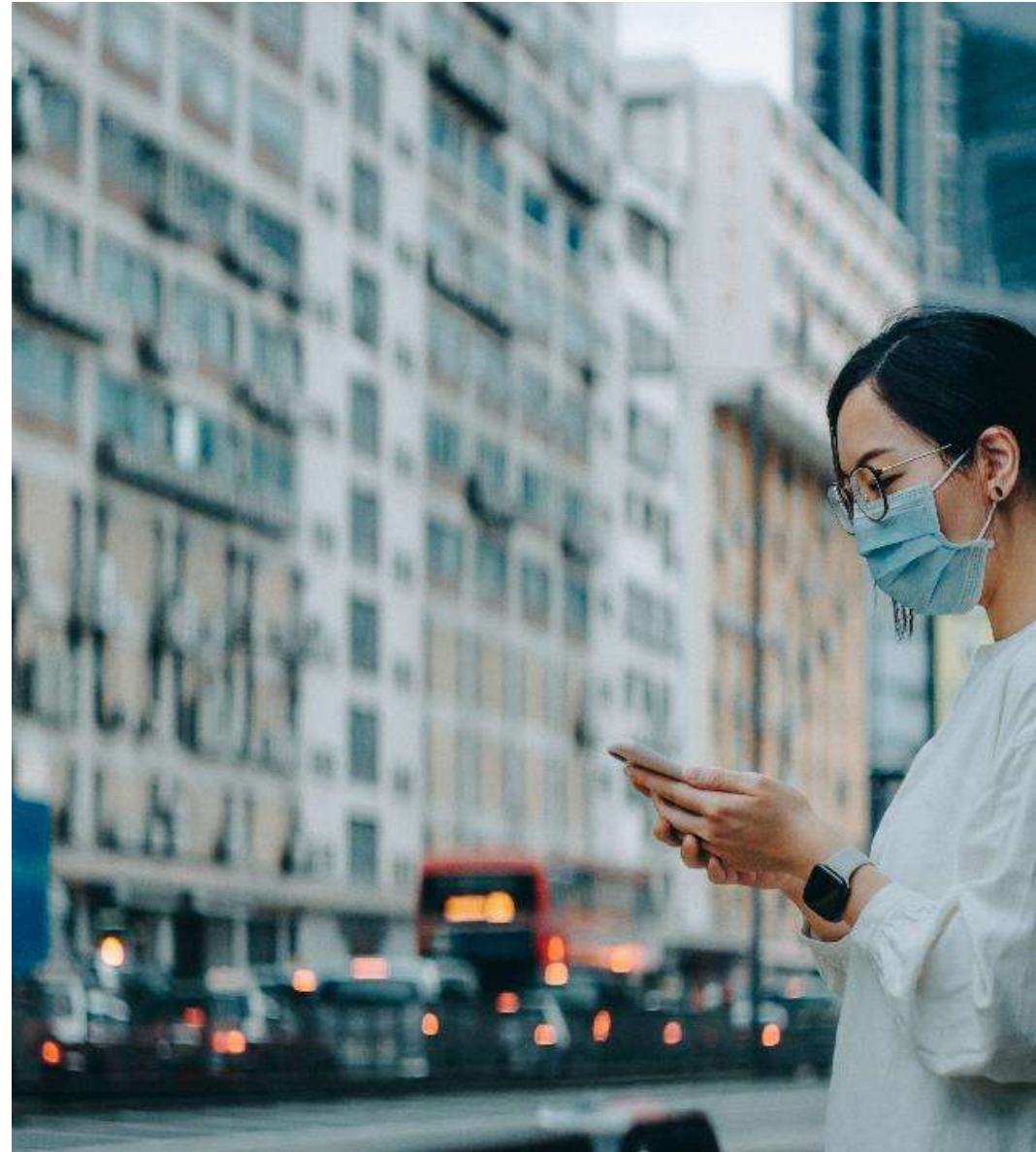


WI-FI & COMMUNICATION

Does your phone work?

People often use their phone to get around town.

- Check with your provider to review your domestic and international plan options.
 - Be aware of roaming charges
- Connect to wi-fi to avoid roaming charges and using your own data
 - Some hotels offer free wi-fi
 - Be aware of public wi-fi
 - Don't forget about our phone's mobile hotspot
- Consider purchasing a sim card.
- Research the many different communications apps such as:
 - WeChat
 - WhatsApp
 - Signal



STAY ON TRACK!

Keep taking your medical as prescribed!

Keep in mind:

- Time differences
- Electricity issues – depending on where you are going, there may be outages during the day which may affect your medication if it has to be kept in the refrigerator, for example.
- Carry a small bag with you with all of your medications in it – that way, if you are exploring, you can still take your medications on time!



GOING TO A DOCTOR

If you are feeling unwell, seek medical help!

- Bring your ID, insurance card (which may not work), travel insurance information, and multiple forms of payment.
- Obtain a translator if needed.
- Make sure to get a copy of all tests completed, discharge/treatment/appointment notes, prescriptions, and payment receipts.
- If you fill a prescription in a foreign country, please note that it is **illegal to bring that medication back with you**. However, exceptions are made for non-US citizens temporarily visiting the US. Refer to the Additional Resources tab for more information.
- Seek additional medical care if the issue worsens.





**EXPLORE
CREATE MEMORIES
HAVE FUN!**



AFTERYOURTRIP

Follow up with your doctor!



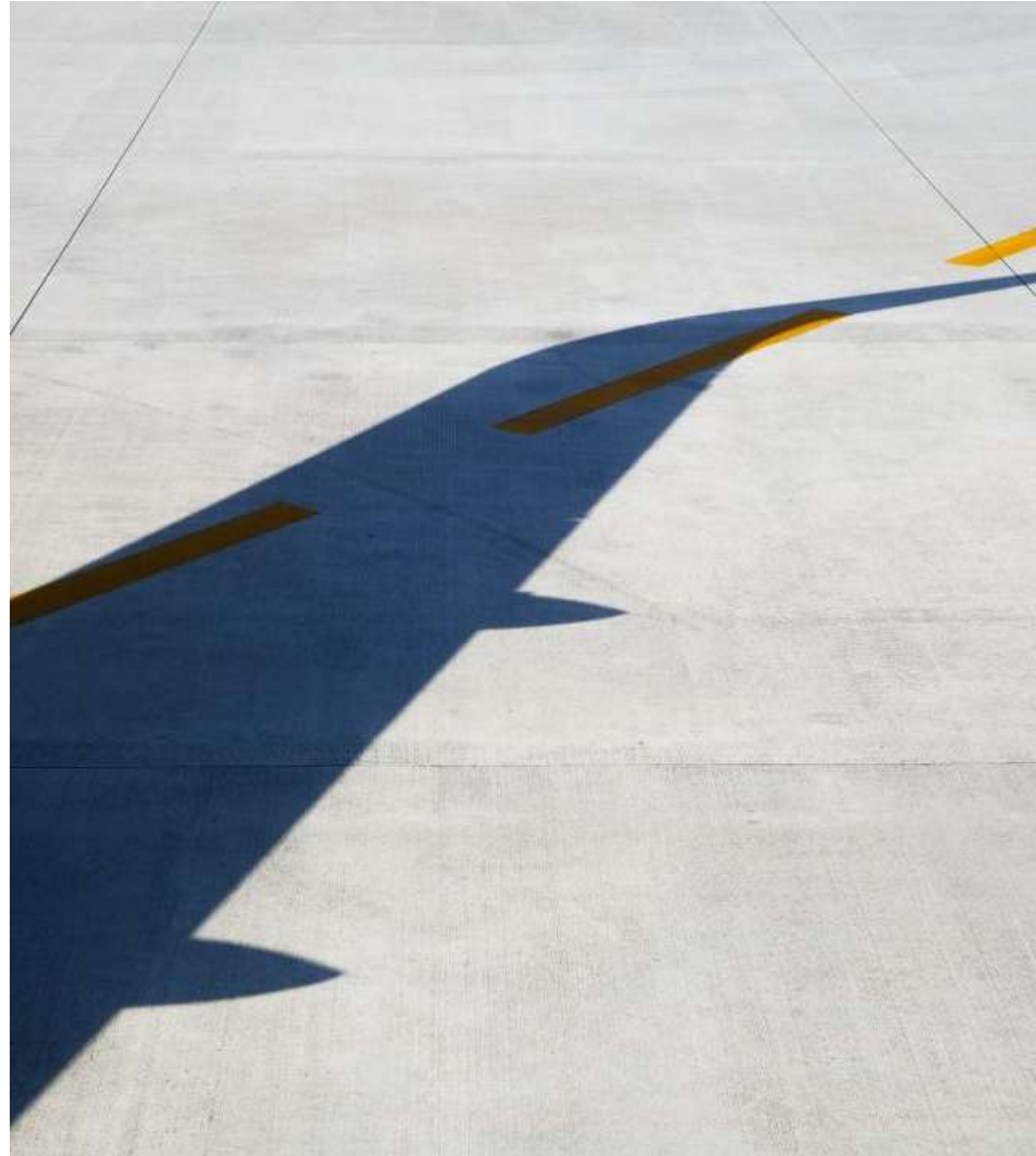
TRAVELING HOME

Work smarter, not harder!

If you are in the midst of a flare when you arrive to the airport, request assistance with transportation.

- Wheelchair usage
- Buggies – especially for large airports

Airport assistance is available, but you have to ask. Some options can be reserved ahead of time, so check with your airline for additional information.



FOLLOW UP WITH YOUR DOCTOR

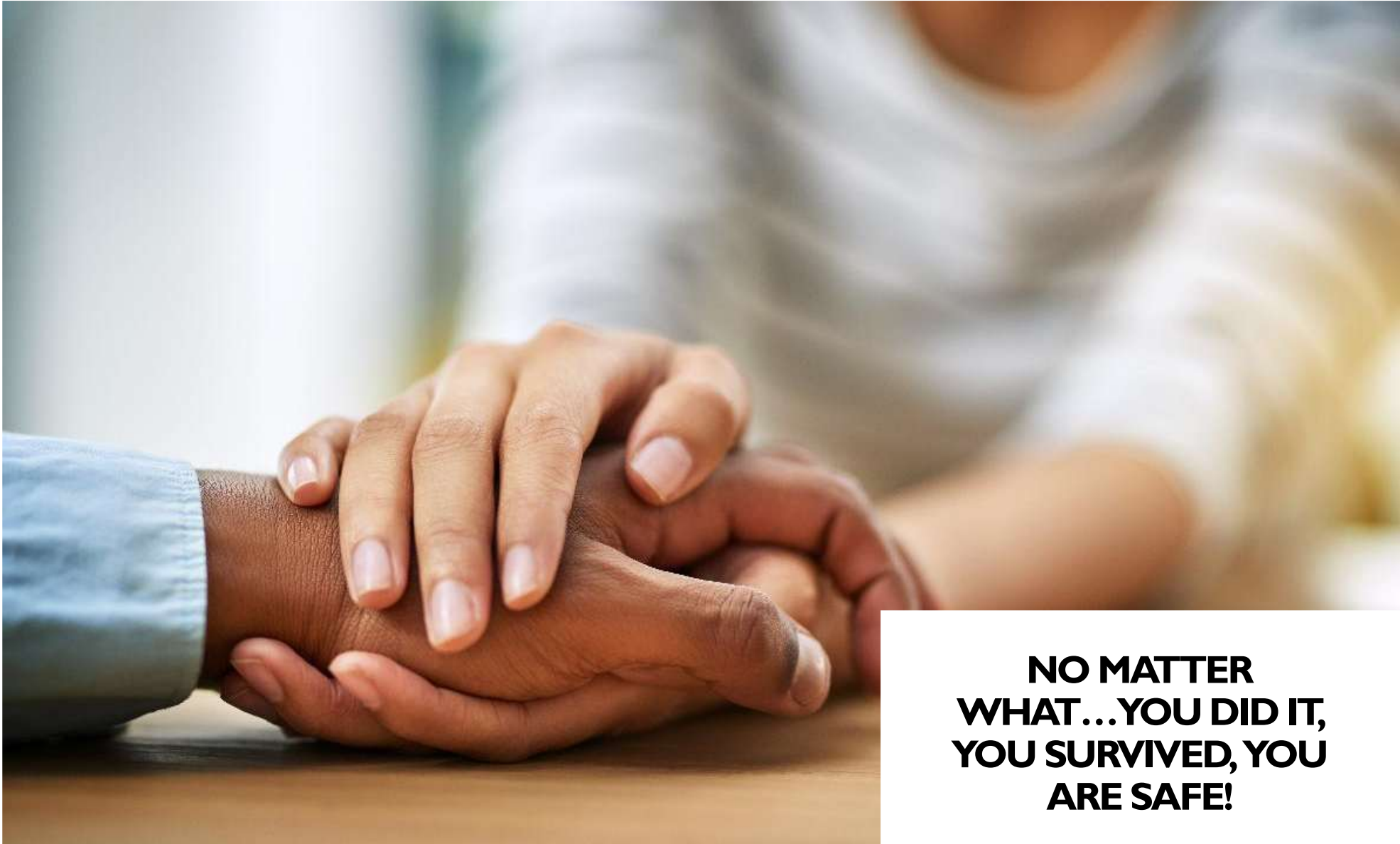
Inform your doctor of any concerns.

Especially if you sought medical treatment abroad, make an appointment with your doctor.

- Provide them with all medical documentation
 - Notes
 - Medications taken

If you decide to file a claim to get reimbursed for any medical expenses, do that as soon as you are able to as some travel insurances **may** have a deadline for claims.





**NO MATTER
WHAT...YOU DID IT,
YOU SURVIVED, YOU
ARE SAFE!**



KEY TAKEAWAYS

If you have a medication that requires you to take it once every week or once every 2 weeks such as injectable medication, then try to schedule your travel around your medication so that way, you won't have to worry about taking and managing your medication during your travel.

Don't be afraid to ASK for help in the airport if you are experiencing a HS flare-up (i.e. if you need a wheel chair, request one)!

Use an accommodation that provides a refrigerator in case you have any medications that requires to be store in the refrigerator.

Use an accommodation that provides free Wi-Fi (allows for easier communication especially during HS emergency).

If you are doing any kind of international travel, invest in a good universal travel adapter so you can charge and use your devices during your travel.

Have travel insurance because things can happen when you are traveling and you just have no control over some of those things!

If you can, use a travel agency because they will be your security blanket when you travel.



ADDITIONAL RESOURCES

International Travel Medicine Services: <https://www.uconnhealth.org/infectious-diseases/services-specialties/international-travel-medicine>

Travel Security Administration: <https://www.tsa.gov/travel/travel-tips>

Allianz Travel Insurance – Travelling with a Pre-Existing Condition:

https://www.allianztravelinsurance.com/travel/medical/existing-medical-conditions-coverage.htm?accam=F202942&prof=2678&camp=164935&kct=google&kchid=7346&criteriaid=&campaignid=17868591525&locphy=9002074&adgroupid=&adpos=&cid=&networkType=&kdv=c&kext=&kadtype=&kmc=&kpid=&npcld=Cj0KCQjwzqXQBhD2ARIsAKrleU-8gH-6Nq5aR8RfP24RR7ErOIBJLwckUuhPmgvF1ORfxMNVbUWWuIYaAoY3EALw_wcB&gad_source=1&gad_campaignid=17876524505&gclid=Cj0KCQjwzqXQBhD2ARIsAKrleU-8gH-6Nq5aR8RfP24RR7ErOIBJLwckUuhPmgvF1ORfxMNVbUWWuIYaAoY3EALw_wcB

Traveling with Medication Back to the US: https://www.help.cbp.gov/s/article/Article-1444?language=en_US



ADDITIONAL RESOURCES CONTINUED

Recommended travel agency: <https://wethersfieldtravel.com/>

Recommended travel products:

<https://www.pbs.org/show/samantha-browns-places-love/>

<https://www.hsn.com/shop/samantha-brown/8290?rid=2012&query=samatha%20brown&isSuggested=false>

Free travel app that can help reduce stress during your travel: <https://citymapper.com/?lang=en>

Free customs and immigrations app to get through those lines faster:

<https://www.cbp.gov/travel/us-citizens/mobile-passport-control>

Sample checklists:

- Medical Checklist: https://safegardtravelmedicine.com/pdfs/travel_kit.pdf
- Traveling/Medical Checklist: <https://wwwnc.cdc.gov/travel/page/pack-smart>
- International Travel Checklist: <https://travel.state.gov/en/international-travel/planning/checklist.html>
- One of the best checklists I came across: <https://peachfullychic.com/travel/must-have-travel-essentials-carry-on-packing-list/>



REFERENCES

<https://www.tsa.gov/travel/travel-tips>

https://www.allianztravelinsurance.com/travel/medical/existing-medical-conditions-coverage.htm?accam=F202942&prof=2678&camp=164935&kct=google&kchid=7346&criteriaid=&campaignid=17868591525&locphy=9002074&adgroupid=&adpos=&cid=&networkType=&kdv=c&kext=&kadtype=&kmc=&kpid=&npclid=Cj0KCQjwzqXQBhD2ARIsAKrleU-8gH-6Nq5aR8RfP24RR7ErOIBJLwckUuhPmgvF1ORfxMNVbUWWulYaAoY3EALw_wcB&gad_source=1&gad_campaignid=17876524505&gclid=Cj0KCQjwzqXQBhD2ARIsAKrleU-8gH-6Nq5aR8RfP24RR7ErOIBJLwckUuhPmgvF1ORfxMNVbUWWulYaAoY3EALw_wcB

https://www.help.cbp.gov/s/article/Article-1444?language=en_US

