TRAVEL CARD
TIPS FOR TRAVELLING SAFELY

Irish Haemophilia Society
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New Street, Dublin 8, Ireland
Tel: +353 (0)1 657 9900
Email: info@haemophilia.ie
Web: www.haemophilia.ie
I have a bleeding disorder and require medical treatment for bleeds.

If I have a bleed I require medical treatment administered as early as possible.

Please refer to this card for essential information.
CHECKLIST

- Treatment
- Cooler bag
- EHIC Card
- Passport
- Visa if necessary
- Other regular medications
- Letter for airport security/customs
- Insurance documents

FILL IN YOUR DETAILS BELOW

Name: ____________________________
Date of birth: ______________________
Blood group: ______________________
Body weight: ______________________
Address: __________________________
Name: ____________________________
Tel. No of person: __________________

I HAVE

Haemophilia A (Factor VIII deficiency) □
Haemophilia B (Factor IX deficiency) □
Inhibitors: _________________________
Other factor deficiency: ______________
Other bleeding disorder: ______________
My condition is: □ mild □ moderate □ severe

MY CURRENT TREATMENT FOR BLEEDS IS

Product: __________________________
Dose for joint bleed: __________________
Dose for muscular bleed: ______________
Dose for nose/mouth bleed: ______________
Dose for life-threatening bleed: ______________

BEFORE YOU TRAVEL

- For travelling within Europe you should have an EHIC card (European Health Insurance Card). This entitles you to necessary healthcare in the public system of any EU / EEA member state, and in Switzerland, if you become ill or injured while visiting another country. You can apply for the card online at www.ehic.ie
- Visa requirements should be checked well in advance of travel.
- Medical insurance should be checked well in advance of departure, as travel insurance can be difficult to obtain for a person with haemophilia. A company which does provide insurance cover for a pre-existing medical condition, including haemophilia, is Blue Insurance. They can be contacted on 0818 444 449 or at www.blueinsurance.ie. Full disclosure is required and there will be some loading, however this is not a significant amount.
- Travel Insurance is now available for persons with Hepatitis C and/or HIV who were infected by blood or blood products supplied by the state, as part of the Hepatitis C Insurance Scheme. Individuals who take out insurance under this scheme will only pay the standard premium irrespective of existing health conditions. Please see www.hepinsurance.ie for further information.
- You will require a letter from the National Centre for Hereditary Coagulation Disorders (NCHCD), at St. James’s Hospital, or your treatment centre for airport security/customs. The letter should be on headed paper and confirm that you are carrying treatment, needles, syringes etc, as well as relevant information on any metal implants (such as knees or hips) that may set off the security scanners. The letter should not be more than six months old, and should be updated as necessary. This letter should be signed by a consultant doctor. If travelling to the USA, the letter should ideally specify the brand name of the factor you will be carrying. To allow for some delays you should pass through security as early as possible.
- Always carry your own treatment (preferably in a small cooler bag), syringes, needles etc. with you as products vary in different countries. A general rule when packing factor, you should bring your regular dose for the duration of your trip plus sufficient factor for at least one extra 100% rise.
- It may be useful to pack one medication information insert and one box cover. In the event that you cannot treat yourself, or if there is a language barrier, this would be useful for the treating doctor.
- National haemophilia organisations and treatment centres can also be a source of assistance if needed while travelling. You will find these listed in the WFH Passport which is available online at www.wfh.org and www.haemophilia.ie. Alternatively, you can contact us at any stage for information on the country you are visiting. Having this information in advance allows you to plan in case of an emergency as not every hospital will have a treatment centre.
- Photocopy all necessary travel documents (tickets, passport, visa, one form of ID, travel letters, insurance policy, etc.) and leave them in an envelope at home where they can be accessed easily in case any of these documents get lost and need to be replaced. A photocopy will speed up the process of replacement documents. Another option would be to place an extra set of copies in your checked in luggage, or scan travel documents and send them to yourself in an email.
- If you are planning a long haul flight it may be useful to take some treatment before you leave.

WHILE TRAVELLING

- Ensure you have your I.H.S. Travel Card (this document) clearly visible in your wallet.
- Bring details of any insurance cover policy numbers, and contact details with you.
- It is important to know the recommended time and temperature range that treatment can be stored out of the refrigerator.
- It is useful to know if your hotel or hostel has a secure refrigerator, where you can store your treatment, especially in warmer countries.
- When in transit (bus, train or plane) always carry your treatment in your hand luggage to prevent loss or breakages. If the trip is long and you have a lot of treatment, carry all the treatment and possibly 5-6 injection kits in your hand luggage. The rest of the injection kits can be stored in your main luggage. You can leave your factor in your carry on bag. However, it is recommended to put your medication (in cooler bag) in the tray with your coins, watch, wallet etc. when going through security at the airport. You may be asked to open the bag but if you have your letter you should not have any problem.

EMERGENCIES

It is highly recommended that you should have a letter on headed paper from the National Centre for Hereditary Coagulation Disorders, in St. James’s Hospital, or from your treatment centre with information about your bleeding disorder, the usual treatment you receive and any other medical conditions or information that may be useful in case of emergency. This letter should not be more than six months old. If you need to attend a hospital while you are away, if possible treat yourself first. Accident and Emergency rooms can be slow at the best of times and if a translator is required this may add to the delay in getting your treatment.
**KEY PHRASES (BELOW ARE SOME USEFUL PHRASES IN CASE OF EMERGENCY)**

<table>
<thead>
<tr>
<th>English</th>
<th>French</th>
<th>German</th>
<th>Italian</th>
<th>Spanish</th>
</tr>
</thead>
<tbody>
<tr>
<td>I have haemophilia</td>
<td>Je suis Hémophile</td>
<td>Ich leide an Hämophilie</td>
<td>Ho l’emofilia</td>
<td>Tengo hemofilia</td>
</tr>
<tr>
<td>I have haemophilia A</td>
<td>Je suis atteint d’hémophile A</td>
<td>Ich leide an Hämophilie A</td>
<td>Ho l’emofilia A</td>
<td>Tengo hemofilia de tipo A</td>
</tr>
<tr>
<td>I have haemophilia B</td>
<td>Je suis atteint d’hémophile B</td>
<td>Ich leide an Hämophilie B</td>
<td>Ho l’emofilia B</td>
<td>Tengo hemofilia de tipo B</td>
</tr>
<tr>
<td>My haemophilia is severe (0-1%)</td>
<td>Je suis atteint d’hémophile sévère (0-1%)</td>
<td>Ich leide an schwerer Hämophilie (0-1%)</td>
<td>La mia emofilia è grave (0-1%)</td>
<td>Tengo hemofilia grave (0-1%)</td>
</tr>
<tr>
<td>My haemophilia is moderate (1-5%)</td>
<td>Je suis atteint d’hémophile modérée (1-5%)</td>
<td>Ich leide an mittelschwerer Hämophilie (1-5%)</td>
<td>La mia emofilia è media (1-5%)</td>
<td>Tengo hemofilia moderada (1-5%)</td>
</tr>
<tr>
<td>My haemophilia is mild (Over 5%)</td>
<td>Je suis atteint d’hémophile légère (plus de 5%)</td>
<td>Ich leide an leichter Hämophilie (mehr als 5%)</td>
<td>La mia emofilia è lieve (può di 5%)</td>
<td>Tengo hemofilia leve (más del 5%)</td>
</tr>
<tr>
<td>I have haemophilia with inhibitors</td>
<td>Je suis atteint d’hémophile avec inhibiteurs</td>
<td>Ich leide an Hämophilie mit Inhibitoren</td>
<td>Soffro di emofilia con inhibitori</td>
<td>Soy hemofílico con inhibidores</td>
</tr>
<tr>
<td>Please contact the nearest haemophilia treatment centre</td>
<td>Veuillez contacter le centre de traitement de l’hémophilie le plus proche</td>
<td>Kontaktieren Sie bitte das nichtgelegene Hämophilie-behandlungszentrum</td>
<td>Rivolgetevi al più vicino centro di trattamento per l’emofilia</td>
<td>Comuníquese con el centro de tratamiento de hemofilia más cercano</td>
</tr>
<tr>
<td>Please call the on-call haematologist</td>
<td>Veuillez contacter l’hématologue de service</td>
<td>Kontaktieren Sie bitte den Hämatoonkologen in Rufbereitschaft</td>
<td>Telefonate all’ematologo di servizio</td>
<td>Llame al hematólogo de guardia</td>
</tr>
<tr>
<td>I have been trained to recognise bleeding episodes</td>
<td>J’ai été formé à reconnaître les épisodes hémorragiques</td>
<td>Ich bin darin geschult, Blutungserscheinungen zu erkennen</td>
<td>Ho ricevuto istruzioni per riconoscere gli episodi emorragici</td>
<td>Me han ensenado a reconocer episodios de sangrado</td>
</tr>
<tr>
<td>I am having a bleed. Please give treatment with factor concentrate immediately and investigate after</td>
<td>J’ai une hémorragie. Veuillez m’administrer du concentré de facteur immédiatement et poser vos questions ensuite</td>
<td>Ich habe eine Blutung. Zuerst unverzüglich mit Faktorkonzentrat behandeln und erst danach genauer untersuchen</td>
<td>Sto perdendo sangue. Iniziate immediatamente il trattamento con un concentrato di fattori e ricercate le cause in seguito</td>
<td>Estoy sangrando. Administíe de inmediato concentrado de factor e investigue después</td>
</tr>
<tr>
<td>I require factor cover before stitches, intramuscular injections or any invasive procedure</td>
<td>Je nécessite une administration de facteur avant de recevoir des sutures ou des injections intramusculaires ou de subir toute procédure invasive</td>
<td>Ich benötige eine akutbehandlung vor dem Haken von Wunden intramuskularen injektionen oder anderen invasiven Verfahren</td>
<td>Ho bisogno di una copertura con il fattore prima di suture, iniezioni intramuscolari o altre procedure invasive</td>
<td>Necesito que me administren factor antes de suturas inyecciones intramusculares o cualquier procedimiento invasivo</td>
</tr>
<tr>
<td>Please give me clotting factor immediately, before referral or other treatment</td>
<td>Veuillez m’administrer immédiatement le facteur de coagulation, avant de me recommander à quiconque ou de m’administer un autre traitement</td>
<td>Verabreichen Sie mir den Gerinnungsfaktor bitte unverzüglich bevor Sie mich überweisen oder anders behandeln</td>
<td>Somministratemi immediatamente un fattore della coagulazione, prima del consulto o di un altro trattamento</td>
<td>Necesito que me administren factor de inmediato de factores de coagulación, antes de enviarme al especialista o suministrarme otro tratamiento</td>
</tr>
<tr>
<td>Any delay in instituting appropriate treatment can have serious consequences</td>
<td>Toute administration tardive du traitement approprié peut avoir des conséquences graves</td>
<td>Verzögerungen bei der angeordneten Behandlung können schwere Auswirkungen haben</td>
<td>Ogni ritardo nell’istituzione del trattamento appropriato può avere gravi conseguenze</td>
<td>Necesito que me administren inmediatamente el tratamiento apropiado puede tener consecuencias graves</td>
</tr>
<tr>
<td>I am carrying a supply of my specific factor</td>
<td>Je transporte des doses de facteur de coagulation propre à moi</td>
<td>Ich habe einen Vorrat meines spezifischen Gerinnungsfaktors bei mir</td>
<td>Possoved una scorta del mio fattore della coagulazione</td>
<td>Llévo provision de mi factor de coagulación específico</td>
</tr>
<tr>
<td>Where possible please avoid using intramuscular Injections</td>
<td>Si possible, veuillez éviter de me faire des injections intramusculaires</td>
<td>Verabreichen Sie mir keine Medikamente mit Azetylsalizylsäure (Aspirin) und fragen Sie bitte nach bevor Sie mir entzündungshemmende thigh mit verabreichen</td>
<td>Quando possibile, non latemi iniezioni intramuscolari</td>
<td>Cuando sea posible, no me den unyecciones intramusculares</td>
</tr>
<tr>
<td>Please do not give me any medicine containing acetyl salicylic acid (aspirin) and check before administering other anti-inflammatories</td>
<td>Veulliez ne pas m’administrer de médicament contenant de l’acide acétylsalicylique (aspirine) et vérifier avant de prescrire d’autres anti-inflammatoires</td>
<td>Verabreichen Sie mir keine Medikamente mit Azetylsalizylsäure (Aspirin) und fragen Sie bitte nach bevor Sie mir entzündungshemmendemittel verabreichen</td>
<td>Evitato somministrarmi farmaci contenen acido acetylsaalizicico (aspirina), verifcare attentamente prima di somministrarmi qualunque altro farmaco anti-inflammatorio</td>
<td>Por favor, no me administren medicamentos que contengan ácido acetil salicílico (aspirina) y, antes de administrarme otros anti-inflammatorios, asegúrese de que se me pueden administrar</td>
</tr>
</tbody>
</table>

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**SAMPLE LETTER**

(To be obtained from your haemophilia treatment centre/consultant)

To Whom It May Concern,

Patients Name has a bleeding disorder called Disorder Name, and is a patient at Treatment Centre. Name. When travelling be / she is required to bring factor Name of Medication which includes needles, syringes, swabs for treatment. He/she has not metal implants.

Yours Sincerely,  

Signature of treating doctor

Name of treating doctor

Date

Name & Address

Date of Birth

Fax number

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**CLAIMS/SECURITY/ CUSTOMS**

**Medication**

**Date**

**Name & Address**

**Date of Birth**

**Treatment Centre**

**Name**

**He/she** has not metal implants.

**Patients Name** has a bleeding disorder called **Disorder Name**, and is a patient at **Treatment Centre**. Name. When travelling be / she is required to bring factor **Name of Medication** which includes needles, syringes, swabs for treatment. He/she has not metal implants.

**Yours Sincerely,**

**Signature of treating doctor**

**Name of treating doctor**

**Date**

**Name & Address**

**Date of Birth**

**Fax number**