

TRAVEL CARD

TIPS FOR TRAVELLING SAFELY



IRISH HAEMOPHILIA SOCIETY

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IN AN EMERGENCY

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:

Address:

Date of birth:

Blood group:

Body weight:

Person to contact in emergency:

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.hepcinsurance.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)

English	French	German	Italian	Spanish
I have haemophilia	Je suis Hémophile	Ich leide an Hämophilie A.	Ho l'emofilia	Tengo hemofilia
I have haemophilia A	Je suis atteint d'hémophile A	Ich leide an Hämophilie A.	Ho l'emofilia A	Tengo hemofilia de tipo A
I have haemophilia B	Je suis atteint d'hémophile B	Ich leide an Hämophilie B.	Ho l'emofilia B	Tengo hemofilia de tipo B
My haemophilia is severe (0-1%)	Je suis atteint d'hémophile sévère (0-1%)	Ich leide an schwerer Hämophilie (0-1%).	La mia emofilia è grave (0-1%)	Tengo hemofilia grave (0-1%)
My haemophilia is moderate (1-5%)	Je suis atteint d'hémophile modérée (1-5%)	Ich leide an mittelschwerer Hämophilie (1-5%).	La mia emofilia è media (1-5%)	Tengo hemofilia moderada (1-5%)
My haemophilia is mild (Over 5%)	Je suis atteint d'hémophile légère (plus de 5%)	Ich leide an leichter Hämophilie (mehr als 5%)	La mia emofilia è lieve (più di 5%)	Tengo hemofilia leve (más del 5%)
I have haemophilia with inhibitors	Je suis atteint d'hémophile avec inhibiteurs	Ich leide an Hämophilie mit Inhibitoren.	Soffro di emofilia con inibitori	Soy hemofílico con inhibidores
Please contact the nearest haemophilia treatment centre	Veuillez contacter le centre de traitement de l'hémophile le plus proche	Kontaktieren Sie bitte das nächstgelegene Hämophilie-Behandlungszentrum.	Rivolgetevi al più vicino centro di trattamento per l'emofilia	Comuníquese con el centro de tratamiento de hemofilia más cercano
Please call the on-call haematologist	Veuillez contacter l'hématologue de service	Kontaktieren Sie bitte einen Hämatologen in Bereitschaft.	Telefonate all'ematologo di servizio	Llame al hematólogo de guardia
I have been trained to recognise bleeding episodes	J'ai été formé à reconnaître les épisodes hémorragiques	Ich bin darin geschult, Blutungsereignisse zu erkennen.	Ho ricevuto istruzioni per riconoscere gli episodi emorragici	Mehan enseñado a reconocer episodios de sangrado
I am having a bleed. Please give treatment with factor concentrate immediately and investigate after	J'ai une hémorragie. Veuillez m'administrer du concentrate de facteur immédiatement et poser vos questions ensuite	Ich habe eine Blutung. Injizieren Sie mir Faktorkonzentrat und untersuchen Sie mich genauer.	Sto perdendo sangue. Iniziate immediatamente il trattamento con un concentrato di fattori e ricercate le cause in seguito	Estoy sangrando. Administrame de inmediato concentrado de factor e investigue después
I require factor cover before stitches, intramuscular injections or any invasive procedure	Jenécessite une administration de facteur avant de recevoir des sutures ou des injections intramusculaires ou de subir toute procédure invasive	Ich benötige eine Faktorbehandlung vor einer Wundnaht, intramuskulären Injektionen oder anderen invasiven Verfahren.	Ho bisogno di una copertura con il fattore prima di suture, iniezioni intramuscolari o altre procedure invasive	Necesito que me administren factor antes de suturas inyecciones intramusculares o cualquier procedimiento invasivo
Please give me clotting factor immediately, before referral or other treatment	Veuillez m'administrer immédiatement du facteur de coagulation, avant de me recommander à quiconque ou de m'administrer un autre traitement	Verabreichen Sie mir unverzüglich Gerinnungsfaktor bevor Sie mich überweisen oder weiter behandeln.	Somministratemi immediatamente un fattore della coagulazione, prima del consulto o di un altro trattamento	Necesito que me administren de inmediato factor de coagulación, antes de enviarme al especialista o suministrarme otro tratamiento
Any delay in instituting appropriate treatment can have serious consequences	Toute administration tardive du traitement approprié peut avoir des conséquences graves	Verzögerungen einer angemessenen Behandlung können schwerwiegende Folgen haben.	Ogni ritardo nell'instituire il trattamento appropriato può avere gravi conseguenze	Cualquier demora en el tratamiento apropiado puede tener consecuencias graves
I am carrying a supply of my specific factor	Je transporte des doses de facteur de coagulation propre à moi	Ich habe einen Vorrat meines spezifischen Gerinnungsfaktors bei mir.	Possiedo una scorta del mio fattore della coagulazione	Llevo provision de mi factor de coagulación específico
Where possible please avoid using intramuscular injections	Si possible, veuillez éviter de me faire des injections intramusculaires	Verabreichen Sie mir möglichst keine intramuskulären Injektionen.	Quando possibile, non fatemi iniezioni intramuscolari	Cuando sea posible, no me den inyecciones intramusculares
Please do not give me any medicine containing acetyl salicylic acid (aspirin) and check before administering other anti-inflammatories	Veuillez ne pas m'administrer de médicament contenant de l'acide acétylsalicylique (aspirine) et vérifier avant de prescrire d'autres anti-inflammatoires	Verabreichen Sie mir keine Medikamente mit Azetylsalizylsäure (Aspirin) und vergewissern Sie sich, bevor Sie mir entzündungshemmende Mittel verabreichen.	Evietato somministrarmi farmaci contenenti acido acetilsalicilico (aspirina), verificare attentamente prima di somministrarmi qualunque altro farmaco anti-infiammatorio	Por favor, no me administren medicamentos que contengan ácido acetil salicílico (aspirina) y, antes de administrarme otros anti-inflamatorios, asegúrese de que se me pueden administrar

my haemophilia centre

Name of haemophilia treatment centre:

Address:

Tel + Intl. Code:

Name of doctor/consultant/nurse:

my travel insurance company

Name of Insurance Co:

Address:

Tel + Intl. Code:

Insurance Policy No:

Claims Telephone No:

sample letter

for Airport Security/Customs (To be obtained from your haemophilia treatment centre/ consultant)

Date

Name & Address

Date of Birth

To Whom It May Concern,

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

Signature of treating doctor

Name of treating doctor

Address

Phone number

Fax number