

Travel advice for people with Sickle Cell Disease and Thalassaemia

Directorate of Clinical Haematology

Introduction

This leaflet has been written to provide you with information about keeping well when travelling, especially if you are going abroad.

Hints and tips for keeping well whilst travelling

Research where you are travelling to and ensure you have had the vaccines required for that area or country (if necessary) and also know how to access healthcare and where it is located.

Ensure you have been prescribed anti-malarials by your doctor if your destination is a risk for malaria and that you have started the course as advised by your doctor.

- Get a summary of your healthcare information so that you can pass it on to a hospital in case you need treatment abroad
- Travel when you are free from infection and/or crisis
- Get a good night's sleep on the night before your departure
- Drink plenty of water and non- alcoholic drinks prior to and during your flight and continue to do this for a few days after your arrival.
- Avoid smoking
- Get up and stretch your legs during the flight, walk up and down the aisle a few times to improve your circulation
- Watch out for any unusual symptoms of pain or breathlessness and inform the cabin crew immediately if you feel unwell
- Ensure you have bought travel insurance to cover you during your trip

Travel insurance.

It can be difficult for people with Sickle Cell Disorders to find an insurance company that will provide travel insurance at a reasonable cost.

Make sure you shop around for quotes and try www.sicklecellsociety.org Tel 020 8961 7795

Or call:

Worldwide Travel Insurance Services on 01892 833338

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- **Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available**
- **If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111**
- **Keep the environment clean and tidy**
- **Let's work together to keep infections out of our hospitals and care homes.**

Where can I get further information?

The Sickle Cell Society

54 Station Road,
London NW10 4UA
Tel 02089617795

web www.sicklecellsociety.org

Sickle Cell and Thalassaemia Support Project (Wolverhampton)

2nd floor office St.Johns House

St. Johns Square

Wolverhampton

WV2 4BH

Tel 01902 444076

www.sctsp.org.uk

email info@sctsp.org.uk

Sickle Cell Care (Wolverhampton)

58 Bank Street

Wellington Road

Bilston

WV14 8PD

Tel 01902 498274

www.sicklecellcare.net

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。