



## PERSONAL INFORMATION

Illness :

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Treating physician :

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Treatment underway :

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Intolerance/allergy to medication :

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Vaccines received for the trip :

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abbvie



**TRAVELLING**  
WHILE RECEIVING  
IMMUNOSUPPRESSIVE  
THERAPY  
**IT'S POSSIBLE!**

**Take heart: it's possible to travel while receiving immunosuppressive therapy! Here are a few tips and things to consider to better plan and make the most of your trip.**

## GENERAL ADVICE PRIOR TO YOUR DEPARTURE

**1** Know the details of your dermatological condition before your departure:

- **What is the name of your illness?**
- **What medications are you taking?**

You may be asked to provide this information during your trip.

**2** Contact your insurance company to check if your medical coverage is sufficient for your illness. Coverage varies. Will you need additional coverage? Your dermatologist does not have this information.

**3** Go to your travel health clinic to get information specific to your destination. Your dermatologist is not the right person to prescribe a specific antibiotic in the event of an infection during your trip. **Since bacteria vary by region**, the travel health clinic personnel will know which to protect you from.

**4** A travel health clinic can recommend vaccinations specific to your destination. Since you are receiving immunosuppressive therapy (Cosentyx®, Enbrel®, Humira®, Inflectra, Methotrexate, Neoral®, Prednisone, Remicade®, Stelara®, Siliq®, Taltz®, Tremfya®), you will not be able to get a live attenuated vaccine like the one against yellow fever or typhus. If you absolutely must get a live vaccine, ask your dermatologist about the best procedure to follow. **Don't forget that it takes several weeks for a vaccine to take effect. Be sure to get vaccinated well before your departure!**

## ADVICE SPECIFIC TO YOUR MEDICATION

- 1** Be sure to have a large enough supply of medication to last your entire trip.
- 2** Keep your medication in your carry-on bag.
- 3** Keep your medication in its original container with the label, according to the recommendations.
- 4** Ask your pharmacist to give you a copy of your medication profile.
- 5** If you are using injectable medication, do not forget to get authorization to travel with needles.
- 6** If you are using injectable medication, do not forget to keep it at the right temperature:

Medication	Stability (time)	Maximum temperature
Cosentyx®	4 days	29 °C
Enbrel®	60 days	27 °C
Humira®	14 days	25 °C
Stelara®	4 hours	25 °C
Siliq®	14 days	25 °C
Taltz®	5 days	30 °C
Tremfya®	4 hours	25 °C

## FOOD-SPECIFIC ADVICE

**1** Check if it safe to drink the water at your destination. **If not:**

- Never use ice cubes.
- Wash produce with boiled, treated or bottled water.
- Brush your teeth with boiled, treated or bottled water.
- Only consume drinks made with boiled, treated or bottled water.

**2** Use a straw to consume drinks in a can.

**3** Eat fresh, cooked foods.

**4** Ideally, eat fruits and vegetables that have been peeled and cooked or boiled.

**5** Eat pasteurized foods.

**6 Wash your hands often!**

## ADVICE SPECIFIC TO YOUR DERMATOLOGICAL CONDITION

**Some factors could positively (+) or negatively (-) affect your condition.**

	Psoriasis	Atopic dermatitis	Hidradenitis Suppurativa
Careful sunbathing	+	+	
Sunburn	-		
Balneotherapy (sea water)	+	+	
Humidity			-
Synthetic clothing			-