

## 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 (view table)



Medication	Stability (time)	Maximum temperature
Adtralza®	14 days	25 °C
Bimzelx®	25 days	25 °C
Cimzia®	10 days	25 °C
Cosentyx®	4 days	29 °C
Dupixent®	14 days	25 °C
Ebglyss®	7 days	30 °C
Enbrel®	60 days	27 °C
Humira®	14 days	25 °C
Ilumya®	30 days	25 °C
Stelara®	4 hours	25 °C
Siliq®	14 days	25 °C
Skyrizi®	24 hours	25 °C
Taltz®	5 days	30 °C
Tremfya®	4 hours	25 °C

If your medication is not listed here, the information can be provided by your pharmacist or by your « patient support program ».



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

**It's possible to travel while receiving immunomodulatory 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** Visit a travel health clinic or your pharmacy to receive information specific to your destination. The website "Health Tips For Travellers" is also a reliable source of information (<https://www.inspq.qc.ca/en/travel-health/healeth-tips-travellers>).



**4** A travel health clinic can recommend vaccination specific to your destination. Since you are receiving immunomodulatory therapy, you will not be able to get a live attenuated vaccine like the one against yellow fever or typhus (oral vaccine). 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!**

**5** Most "patient support programs" can provide you with a document certifying that you will be traveling with your medication. Your pharmacist may also be able to assist you with this. Please inquire if necessary.



## FOOD-SPECIFIC ADVICE

As with general population, the following advice applies: « No destination is completely free from the risk of food- and water-borne diseases. Here are key tips for safely consuming food and water during your trip:

**1** Wash your hands with soapy water or a 70% alcohol-based solution before preparing or eating food.

**2** Only eat foods that have been properly cooked, boiled, or peeled.

**3** Drink water that has been boiled or treated, or bottled (for most destinations) »<sup>1</sup>

## ADVICE SPECIFIC TO YOUR DEMATOLOGICAL CONDITION

Certain factors may have a positive (+) or negative (-) influence on your illness.

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

1. <https://www.inspq.qc.ca/en/travel-health/healeth-tips-travellers> (accessed 2026-01-13)