



SAFETY TIPS

Travel

Here are some tips to prepare for traveling away from home.

- Bring all meds/needles/syringes in one bag.
- Before you leave, discuss the amount of factor/DDAVP and other medication to take with you on a trip with physicians. Bring one dose per day and two to three additional doses, and infuse more often.
- Visit [TSA Cares](#) or contact the Transport Security Administration to prepare for a trip.
- In the U.S., the TSA is not allowed to open a prescription.
- Investigate nearby hospitals and look into the nearest pharmacy.
- Wear a medical I.D. and carry a letter explaining your health condition(s).
- Let your family and friends know where you will be.
- Have your medical bag with you at your seat (rather than in luggage) on a plane or train.
- Purchase health insurance for the trip if you're leaving the country. Check your private insurance to see if you're covered while abroad. Be prepared to pay up front.
- Invest in a good cooler, if needed.

First Aid Kit

The following are some good items to have on hand in a first aid kit.

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| • Blood Stop | • Powder |
| • Cryocuff | • Water bottle |
| • Gauze | • Hand sanitizer |
| • ACE Bandages and/or Coban | • Braces |
| • Coban | • Band-aids |
| • Tourniquet | • Styptic pencil |
| • Ob tampons or light size for nosebleeds | • Hydrocolloid bandages |
| • Nose buds for nose bleeds | • Sticky notes to put in your log later on |
| • Ayr (saline) gel for nose bleeds | • Ice bags (instant) |
| • Liquid IV | • Hand warmers |

Emergency Room Visits

Be prepared for an unexpected ER visit with the following suggestions.

- Have a 'Go Bag' with the phone number of your Hemophilia Treatment Center.
- Bring all of your own medications.
- Bring an extra phone charger in case you are admitted.
- If needed, treat the visit as an opportunity to patiently educate (how to mix, how to administer medications, etc.).
- Be ready to advocate for your care.
- Bring an emergency letter.
- Have all your information in a notebook.
- Be prepared to contact your employer to call out of work. Bring a laptop or tablet.

Disaster Preparedness

Think about the following steps to prepare for a tornado, fire, flood, hurricane or other disaster.

- Have a first aid kit ready, including more instant ice packs than usual.
- Have "extras"—extra non-perishable food and water, and extra ice packs in a freezer in case there is an outage.
- Have a generator, if possible, and battery back-ups for phones.
- Some energy companies have programs that will provide a small fridge and battery pack.
- Store supplies for your infusion in your car: first aid kit, lamp, battery-powered radio, copies of medical insurance. Or some places will store meds. This is great if you have an obstructed path.
- Fill a bathtub and sink with water.