

## When abroad

Follow the usual measures to stay free from infection, and remember to wash your hands frequently. Visit [www.fitfortravel.nhs.uk/destinations](http://www.fitfortravel.nhs.uk/destinations) for travel advice by country. Here are our tips for a safe trip abroad:

**Food:** Be cautious of food served buffet-style, including salads. Food served in this way has generally been uncovered for a certain amount of time and therefore can contain bacteria, especially meat left under a heat lamp. Unpeeled fruit and vegetables, salads, raw shellfish, ice cream and ice cubes, underdone meat and uncooked, cold or reheated food may be contaminated. Avoid buying food and ice cream from street vendors.

**Water:** Avoid drinking tap water or using it to brush your teeth if this is advised in the country you are visiting. Check with your doctor before going on holiday; he or she may recommend using boiled water. If you're advised to drink bottled water, make sure the cap is sealed.

**Swimming:** Avoid swimming in polluted seas or lakes. This can be a cause of dysentery and respiratory infections, as well as ear, nose and throat infections. Enquire how clean the sea and lakes are. Swimming pool water may also pose a health risk, so ask how often it is monitored for bugs and cleaned. Jacuzzis/hot tubs can also be a haven for microbes so as a general rule they should not be used if they have not been serviced regularly with a good standard of chlorination.

Find out more at: [www.cgdsociety.org/affectedchildrenandadults/parentsandcarers/healthmanagement/travel/havingchildren](http://www.cgdsociety.org/affectedchildrenandadults/parentsandcarers/healthmanagement/travel/havingchildren)

## About the CGD Society

The Chronic Granulomatous Disorder Society (CGD Society) is the leading global charity dedicated to promoting an understanding of CGD and providing support to affected individuals and their families.

Our website [www.cgdsociety.org](http://www.cgdsociety.org) provides medical information and practical advice on living with CGD. It is free to become a member of the CGD Society. Please go to [www.cgdsociety.org/register](http://www.cgdsociety.org/register).

If we can be of any help, please contact us at [hello@cgdsociety.org](mailto:hello@cgdsociety.org) or on 0800 987 8988, where you can leave a message.

Our charity is reliant on voluntary donations. To make a donation, please go to [www.cgdsociety.org/donate](http://www.cgdsociety.org/donate).



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## Going On Holiday

[hello@cgdsociety.org](mailto:hello@cgdsociety.org)  
0800 987 8988  
[www.cgdsociety.org](http://www.cgdsociety.org)

This leaflet provides information to help you plan your holiday when you are affected by chronic granulomatous disorder (CGD).

You may also find our leaflet **Insurance Matters** useful, because it lists travel insurance companies that are willing to insure those affected by CGD. Enjoy your holiday!

# Planning ahead

Just because you have CGD it doesn't mean you should stop doing what you enjoy, and that includes going on holiday. Planning ahead will help to ensure that everything goes smoothly and you can enjoy your holiday to the full.

**Talk to your immunology health team at least three months before you travel:** Tell them where you are going and for how long. They will advise you on what vaccinations you might need, anti-malarial medicines, the medication you should take with you to keep you healthy and how to access emergency treatment while you are away.

Your immunology team will know which vaccinations you might need. Take their advice, otherwise you could end up paying for vaccinations that are not necessary.

CGD patients cannot receive 'live' vaccines, so be sure to check what is required before you book your holiday. Make sure your travel clinic is aware of your condition and that the 'killed' version of any vaccine must be used.

CGD patients must never be given the yellow fever vaccine as it is not available as a killed vaccine.

If, because of your CGD, you cannot have a recommended vaccination for the country you are visiting, carry a letter from your doctor explaining why, otherwise border control may not let you in.

**Carry a letter explaining your condition:** Ask your doctor to write you a letter explaining about CGD that you can present to any medical staff you may need to see while on holiday. Ensure this letter also contains clear information on all medication you will have with you, as well as any medical equipment you need to carry. This is essential for airport security and any medical problems you have while abroad. Have the letter in English and in the language of the country you are visiting.

**Think about the medicines you need to take with you:** It is recommended that you take a course of medicines, such as antibiotics, with you on holiday. Speak to your doctor and get your prescription in plenty of time. If you take a liquid oral suspension, make sure you discuss this with the pharmacist and explain that you do not want the prescription made up. You will need to ensure a clean supply of sterile water if and when you do need to make up your medicine while away.

Pack the amount of medication you will need for your holiday, plus some extra, in case you are delayed when travelling home. Carry your medicines, such as antibiotics, in your hand luggage just in case your hold baggage is lost. Keep everything in its original packaging with the prescription labels visible for airport security. Also take an extra copy of your prescription with you as it will be invaluable if you lose your medication or end up in hospital while on holiday.

If you are planning a break of three weeks or longer, then you may need to arrange medicines in the country you are staying in. Talk to your immunology team about this.

Some medicines, such as benzodiazepines, strong painkillers, such as diamorphine, and some medicines that contain hormones, such as anabolic steroids, come under 'controlled medicines' laws. A personal licence is needed to take these medicines abroad. You must apply for this licence at least 10 working days before you travel, and your GP will need to provide a letter supporting your application. For more information, visit [www.fitfortravel.nhs.uk/advice/general-travel-health-advice/travelling-with-medicines](http://www.fitfortravel.nhs.uk/advice/general-travel-health-advice/travelling-with-medicines)

**Pack a first aid kit:** Take a small first aid kit with you that contains antiseptic cream and wipes, water sterilisation tablets, insect repellent and a packet of plasters and dressings. In some countries there is a lack of sterile equipment. It is worth taking your own supply of sterile needles and syringes for use by doctors in an emergency. Ask your health team for their advice.

**Get a free European Health Insurance Card (EHIC):** This card, which is valid for five years, enables you to access state-funded healthcare in EU countries. However, it is not a substitute for travel insurance, which you must purchase. For more information and to apply for a card, visit [www.ehic.org.uk](http://www.ehic.org.uk)

**Buy appropriate travel insurance:** NEVER travel without the appropriate travel insurance, and take the insurance policy on holiday with you. Ensure your insurance is up to date and that there have been no changes to your condition that now make your policy void. Please see our leaflet on insurance for companies that cover people with CGD.

**Carry on you the details of your doctors and nurses at home:** Also ensure that you jot down and carry on you the number of the 24-hour emergency helpline for your travel insurance company. Visit [www.nhs.uk/using-the-nhs/healthcare-abroad/](http://www.nhs.uk/using-the-nhs/healthcare-abroad/) for more information.

**Research the country or area you are visiting:** Establish where a main hospital is located in relation to where you are staying. The CGD Society can help in providing details of a specialist in the country you are visiting in case of an emergency.

