Living with blood cancer

Travel

When you've got blood cancer, holiday and work travel can take extra planning to keep you well.



Talk to your haematology team about your travel plans. Especially if you're going abroad or you haven't travelled since your diagnosis or treatment.

Depending on how well you are, you might want to think about:

- Any health risks where you're travelling, such as common infections.
- What medical care is available.
- If you'll need to take travel medicines, like anti-malaria tablets. And if it's safe to take these with any other medicines you're on.
- Timing trips around blood tests and medical appointments.
- Whether you want to avoid busy times of year or crowded destinations.
- How your symptoms might be affected by the length of your journey, food options and weather.

Travel vaccinations



If you're travelling abroad, check whether you need vaccinations and if they're safe for you. To get the best protection, you may need extra doses. Make sure you allow enough time for this before your trip.

Travel insurance



You might want insurance for holidays in the UK in case you have to cancel. But it's very important for holidays abroad where healthcare costs can be expensive.

You may want to check what cover is available before booking your holiday. Some insurers specialise in cover for people with existing conditions.

You must declare any health conditions when you take out travel insurance. Otherwise, you may not be covered if you need to make a claim.

A Global Health Insurance Card (GHIC) is free. It lets you access state healthcare in the European Economic Area and some other countries.

Travelling with medicines

- Make sure you have enough medicine for your time away, plus extra to cover delays.
- Find out if there are restrictions for any of your medicines where you're going. Some medicines are illegal in other countries.
- Check how to carry your medicines. You may need to take them in their original packaging, along with proof they're yours. You may need to keep them cool.
- Split your medicines between different bags, in case one goes missing.

Keeping well while you're away

Make sure you and any people you're travelling with know how to get medical help.

Ask your haematology team how to keep well while you're travelling.

- If you have fatigue, give yourself time to rest.
- Consider taking steps to lower your risk of infection. Like avoiding busy places, insect bites and taking care with food and drink.
- Try to protect yourself from the sun. Seek shade, cover up and wear sunscreen.
- If you have low blood counts, check if there are any activities to avoid.
- Make sure you drink enough, especially if it's hot.
- Try to prevent blood clots by exercising your legs on long journeys.

Need support or information?

- Scan the QR code or visit **leukaemiacare.org.uk**
- Call our freephone helpline on **08088 010 444**
- Send a WhatsApp to **07500 068065**
- Email **support@leukaemiacare.org.uk**

This information is aimed at people in the UK. We do our best to make sure it is accurate and up to date but it should not replace advice or guidance from your health professional. If you have any feedback or you'd like a list of our sources, please email information@leukaemiacare.org.uk.

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Leukaemia Care

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