



Traveling when immunosuppressed

Before traveling

Arrange to see your doctor or specialist with plenty of time before your travel to monitor your condition or treatment, discuss your travel plans, obtain any necessary prescriptions, and for advice about any necessary precautions you need to take.

Bring full medical details with you on your trip including a signed letter from your doctor with the details of the medications you are on, and any special precautions that need to be taken. Have adequate supplies of the drugs you require for the full length of your trip when possible. Carry some in your hand luggage, with some also in your hold luggage in case of loss or theft.

Some countries may not allow the entry of certain types of medicines, and others may require special permission. See our 'Carrying Medicines Internationally' information sheet for more details.

Avoid changes in your medication shortly before travel to ensure no side effects or complications develop while traveling.

Ensure there are no drug interactions between the drugs you are taking and antimalarials if they are required. Also consider whether any travel vaccinations are needed, and whether your condition or treatment contraindicates or decreases the effectiveness of any vaccines. This may require a detailed travel health consultation.

Identify the recommended, reliable medical facilities at your destination and whether appropriate specialist care is available. The Everbridge assist team can help with this. Check if you will need to access a facility for blood monitoring of your immunosuppressant and what blood tests will be required.

If you are HIV positive, check the entry restrictions for your destination and allow time to complete regulatory procedures. This can be checked at www.hivtravel.org.

It's a good idea to take a first aid kit to help manage common issues such as insect bites, cuts, headache, and traveler's diarrhea. The management of diarrhea should be discussed with your doctor, and whether a prescription for an antibiotic for prompt self-treatment should be considered.

Lowered immunity may occur due to an underlying medical condition, or secondary to medications given with the purpose to suppress your immune system. Not all immunosuppressive therapy will cause you to be at higher risk from infections, depending on the way it works and the dose taken.

If you have lowered immunity, there are several aspects to consider in order to minimize your risk of becoming unwell while traveling. Travel plans should be carefully discussed with your doctor or specialist. The two main risks are a worsening of your underlying condition, and an increased likelihood of picking up an infectious disease that may cause you more severe symptoms than if your immune system is in good working order.



At your destination

Take particular care with food and water hygiene to avoid travelers' diarrhea and other water-borne illnesses. Wash your hands regularly. Avoid street food and ensure all food you eat is thoroughly cooked and piping hot. In addition, avoid unpasteurized milk, cheese, ice creams, and other dairy products. In countries with poor sanitation, do not drink tap water or use it to clean your teeth. Avoid ice in drinks, and salads that may have been washed in tap water. Drinks served in unopened cans or bottles, or drinks made with boiled water and served steaming hot are usually safe. For further information see also our 'Traveler's Diarrhea' factsheet.

Take particular care to avoid insect bites. Seek prompt medical advice if signs of skin infection develop, such as increased redness, pain, pus and swelling. See also our 'Mosquito bite prevention' information sheet.

Certain immunosuppressive medications can make the skin more sensitive to sunburn and can also increase the risk of skin cancer. Therefore, travelers with immunosuppression should take particular care in the sun. Seek urgent medical advice if you notice a new mole developing quickly, or any changes to existing moles such as increasing size, itchiness, or bleeding.

If you become unwell while travelling, call the Everbridge Assistance line and ensure you seek prompt medical attention. Ensure there are no drug interactions between the drugs you are taking and any medication recommended for treatment, such as antibiotics or medications for diarrhea.

Always call the Everbridge Assistance line if help is required with medications or any medical issues during travel.

References

Lankester, T, (2006), The Travellers Good Health Guide. London: Sheldon Press

Anaphylaxis UK, Travelling with serious allergies, Available at: <https://www.anaphylaxis.org.uk/living-with-serious-allergies/travelling-with-serious-allergies/> [Accessed 9th January 2023]

This factsheet has been developed for educational purposes and is correct at the time of production. It is not designed as a replacement for professional medical advice. Please consult your medical professional for any concerns or queries regarding Inflammatory Bowel Disease whilst traveling.



About Everbridge

Everbridge, Inc. (NASDAQ: EVBG) empowers enterprises and government organizations to anticipate, mitigate, respond to, and recover stronger from critical events. In today's unpredictable world, resilient organizations minimize impact to people and operations, absorb stress, and return to productivity faster when deploying critical event management (CEM) technology. Everbridge digitizes organizational resilience by combining intelligent automation with the industry's most comprehensive risk data to Keep People Safe and Organizations Running™.

For more information, visit [Everbridge.com](https://www.everbridge.com), read the company [blog](#), and follow us on [LinkedIn](#) and [Twitter](#).

[Get in touch](#) to learn about Everbridge, empowering resilience.

