

# Travelling during COVID-19

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Travelling during this COVID-19 pandemic has been a challenge for most Australians as we now enter a third year. Some freedoms are returning and as we draw closer to planning our next escape, it is essential for people with bleeding disorders to plan ahead.

Most importantly, always make contact with your Haemophilia Treatment Centre (HTC) well in advance, who will advise on what to consider.

## SO HOW HAS COVID-19 CHANGED THE WAY WE TRAVEL?

Travelling during a pandemic can be unpredictable and planning for last minute, unexpected changes is vital. Prepare for the unfortunate instance where you may be unable to return home on your planned date.

- Discuss your travel plans with your HTC well in advance.

### Consider:

- What are the COVID-19 travel requirements for my destination: testing, quarantining and vaccinations?
- What are the COVID-19 travel requirements for me re-entering the state?
- What products will I be required to take? How will products be supplied and should I take extra treatment in case of a prolonged stay?
- Where am I going? Where will my nearest Haemophilia Treatment Centre be? Do they need to be informed of my visit?
- Flying with treatment? Your HTC can arrange travel letters that will state what treatment products and consumables you require to carry with you inside the cabin. This ensures you arrive at your destination with product easily accessible and stored at the appropriate temperature.

- Travel insurance is essential if travelling abroad. Always declare you have a bleeding disorder and read the fine print. It is recommended you find a cover that includes a medical evacuation/repatriation.

Being prepared is the key to a successful and healthy trip away.

Bon voyage and stay safe!

## TRAVELLING IN AUSTRALIA AND INTERNATIONALLY

### For more information, visit:

Comprehensive travel tips from Australian Haemophilia Treatment Centres - <https://tinyurl.com/HFA-travel>

Smarttraveller (Australian Government Dept of Foreign Affairs and Trade) - [www.smarttraveller.gov.au](http://www.smarttraveller.gov.au)

HealthDirect – Travel advice and restrictions related to COVID-19 - <https://tinyurl.com/HD-travel>

Australian HTC contact details - <https://tinyurl.com/HTCs-Aus>

WFH Global Treatment Centre Directory - [wfh.org/find-local-support/](http://wfh.org/find-local-support/)

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