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Trow Genes



## Information Sheet No.2

# Travel and CGD

Lots of people go on holiday or go travelling, particularly on their gap year between school and university. While you are deciding where to go, a number of questions may spring to mind if you are affected by CGD.

## Do people affected by CGD go travelling?

The answer is 'Yes'! In addition to taking your normal precautions to help avoid infection, there are a number of things to bear in mind when you are planning a trip.

## What if I am staying in the UK?

If you are planning to stay in the UK, make sure that the hotel or bed and breakfast etc. has good standards of hygiene.

## I would like to travel abroad

You might be planning trips further afield. Just like everyone else, you will need to check the health requirements for your destination. The Department of Health advises that you look at the potential risks and plan the precautions you will need to take, both before you go and while you are away. This will depend on where you plan to go, for how long, what time of year it will be, how long you will be away and what sort of trip you are taking. For example, camping will pose different health problems to a stay in a hotel. Students on a gap year may be travelling, in which case there may be special immunisation requirements if you plan to enter a European Economic Area country from a non-EEA state.

You can get more information on these points from your travel agent, the Embassy or the High Commission of the countries concerned. It is useful to get as much information as possible before you discuss your plan with your doctor.

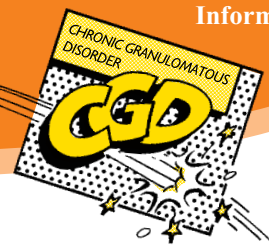
It is a good idea to stick to countries where:

- there are no epidemics,
- you will be able to stay in hygienic accommodation,
- you will be able to get clean water or bottled water
- overall hygiene and hospital standards are comparable to those in the UK.





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### What should I do before I go?

There are a number of things that you will need to sort out before you go abroad, such as talking it over with your consultant and taking out medical insurance.

#### Check with your consultant

It is a good idea to discuss your plans with your consultant, if possible well in advance of your visit, or to make contact if you have not got an appointment. It is advisable to see if the consultant has any concerns about visiting a particular country. If not, she may want to make sure that you have sufficient medication to last the trip. She may want you to take supplies of particular anti-biotics to take in an emergency.

#### What about any necessary jabs?

Check what jabs you should have with your doctor, and ask if there are any you should not have.

#### Will there be any problems about taking medication with me?

It is a good idea to ask the doctor, or the CGD Research Trust, for a letter describing CGD and explaining that you need your medication to keep well. This means that, if you are challenged about the drugs you are carrying, you have the means to supply an 'official' reason for having them.

#### What about carrying the medicines?

There is an excellent company which provides cool bags, labels, and pill pockets for carrying medicines. The contact details are:

The Yellow Cross Company, WW Unit 1, 5 Highclere Road,  
Knaphill, Woking, Surrey, GU21 2PN  
Phone/fax: 01252 332005  
[www.yellowcross.co.uk](http://www.yellowcross.co.uk)

#### What about getting medical treatment if I need it?

You will need to find if the country you are visiting has a reciprocal health care agreement with the UK. You will also need to take out a medical insurance.





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### Will I be able to get medical insurance?

Medical insurance is extremely important but it is getting more difficult and more expensive to get. However, there are a few companies that are recommended by the Primarydeficiency Association (The PiA). These are:

- Bryant Keswick and Partners Tel: **01483 274 792**
- Medicovert Insurance Services Ltd. Tel: **0870 735 3600**
- Blue Swan Insurances Tel: **0870 606 2002**

A personal recommendation from a CGD RT member is for:

- All Clear Travel Tel: **0870 777 9339**

### I would feel happier if I had the contact details of a doctor who knows about CGD ...

Before you go, it might be an idea to find the contact details of a CGD specialist in the country you are visiting. Ask your doctor if they know of anyone or alternatively, contact the CGD Research Trust on **01725 517 977** or email on **cgd@cgdrt.co.uk** and ask if they can find you the details. Even if you will not be near the specialist, the doctor who you do see will be able to contact him/her.

### If you need to stay in hospital

Ask the hospital to contact your UK specialist or the UK CGD clinical nurse specialist, who will liaise with the doctor you are seeing. If you do need to return home, she will be able to help organise your return trip.

### Before you go...

Make sure the Clinical Nurse Specialist gives you her number, or phone the charity on **00 44 1725 517 977** (if you are outside the UK) or **01725 517 977** (from within the UK).

**Important Note:** The information contained in this document is intended only as a guideline, not as a substitute for medical advice. Always consult your doctor if you or your child has any CGD symptoms or concerns.

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