

TRAVEL RECOMMENDATIONS



It is important not to forget antiretroviral treatment when are travelling. On this sheet we offer some advice that you may find useful when you travel.

01

Take all the medication you will need on your trip with you, plus a little extra medication in case of any setbacks. Remember always to take the medication in its original box and with the corresponding directions for use.

02

It is a good idea for you to carry a medical report that states this medication is for you. The report need not mention that you have HIV but simply that the medication you are carrying is for your use. In many cases, a doctor's prescription in your name will be enough although we recommend that you find out the destination country's requirements before you go (by calling the embassy or consulate beforehand).

03

You should carry the medication in your hand luggage and not in your checked luggage. There are sometimes delays when collecting checked luggage and this may cause you to interrupt treatment.

04

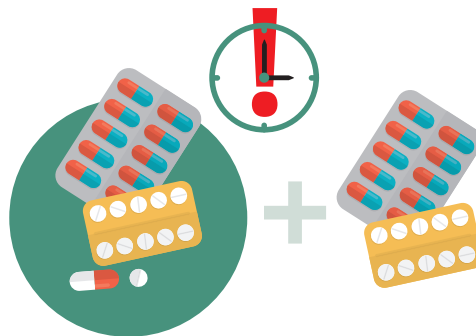
Remember to keep to the same medication schedule when you change time zone (for example, if you take the medication at 9 am and travel to New York, you will need to take it at 3 am).

05

Depending on the destination, try to follow dietary hygiene recommendations and avoid insect bites. Find out before travelling if you require vaccinations or to take preventive treatment.

06

Although fewer and fewer countries have entry restrictions for people with HIV, you should nonetheless find out whether there are any before travelling by, for example, consulting the webpage <http://hivtravel.org>



gt grupo de trabajo sobre tratamientos del VIH
ENTIDAD DECLARADA DE UTILIDAD PÚBLICA
ONG DE DESARROLLO

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