

# Traveling when you have hereditary angioedema (HAE)

Relaxing vacations are possible for patients with HAE—they just may require extra planning. People living with HAE shared their tried-and-true advice for the community on how to prepare for (and enjoy!) the journey.



## MANAGING STRESS AND ANXIETY

While travel is exciting, it can also bring unexpected surprises and emotional stress, a known trigger for many living with HAE. Try to control what you can while preparing for what you can't. For example, pack your carry-on with essentials, such as medication, toiletries and a change of clothes, in case you experience travel delays or your luggage gets lost.



## KNOW YOURSELF

Each person experiences HAE differently, so opt for adventures that help you avoid your specific triggers. For instance, if your family wants to go for a bike ride but the vibrations of the handles could trigger a hand attack, consider a nature walk instead.



## PACE YOURSELF

It's easy to get excited and want to maximize your time exploring a new place. To avoid burnout or potentially triggering an attack, plan ahead and pick one or two sights to see per day. If you're feeling up to doing more, have a list on hand of other nearby sites that could be added on.



## BE FLEXIBLE

Even the best laid plans can go sideways on vacation. Give yourself permission to adjust if needed. Include extra days in your schedule to accommodate having an attack or just to recharge if you're feeling fatigued. It's okay to change plans if something isn't working for you.



## COMMUNICATE WITH YOUR LOVED ONES

If you're traveling with family or friends, make sure to communicate your needs. It's important to discuss possible triggers, limitations, and accommodations you might require. Make sure they know what medications you're taking and what to do if you experience a medical emergency.



## COME PREPARED

Bringing extra medication and supplies to treat HAE attacks can be crucial—especially when traveling to remote locations or internationally, where medical resources may be limited. It may help to carry information about HAE and your current medications, as well as emergency contact details, in case you need to seek medical attention.



Visit [MindtheHAEattack.com/resources](https://www.MindtheHAEattack.com/resources) to download and print our HAE Overview, which can help if you need to educate someone about your condition

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