5 Things You Need to Know When Travelling With Hepatitis C

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If you have hepatitis C and are thinking about embarking on an epic holiday, you shouldn't let your condition stop you. It's entirely possible to go traveling, but there are certain measures you need to take when planning your adventure.

Here are just five things to take into consideration when traveling with Hepatitis C.

Skip the alcohol

Hepatitis C is a condition that affects the liver, and alcohol consumption will only cause further damage. Your holiday is a time to relax and enjoy yourself, but this does not mean that the rules for your condition no longer apply; you should try and limit your alcohol consumption on your travels.

Make sure you have the right insurance

Having a chronic condition like hepatitis C can limit your insurance options, making it difficult to find an insurer who will cover you. However, this doesn't mean you should travel without it, as the right company can provide travel insurance if you have an existing medical condition.

Anything can happen when you're abroad and you could even be forced to take an emergency trip to the hospital, or even back home if you find that your symptoms get worse. If this were the case, the costs incurred would far outweigh the price of the insurance itself.

If you're traveling around Europe, a European health insurance card is a great thing to have, as it may cover basic medical expenses. However, it should not be considered a replacement for health insurance as it won't cover the costs associated with your health condition.

You'll need to make arrangements for your medication

Due to the virus' high level of resistance, it can take up to 24 weeks to treat hepatitis C, which can overlap with your travel plans. You will need to go to the doctor to make travel arrangements for your medication and take it consistently while you are away.

You might need to have vaccinations

When you plan to explore the world, not only do you need to consider your own health condition

but you also need to protect yourself against others. You might need vaccinations before you visit certain countries, especially if you're planning to go to Africa and Asia, so check before you travel.

It's recommended that you receive the hepatitis A and B vaccine if you are traveling to a high-risk area, even if you already have Hepatitis C. Having multiple strains of hepatitis at the same time can cause other more serious complications down the line, including liver failure.

Avoid passing it on to others

Hepatitis C is most commonly transmitted through blood to blood exposure from sharing needles or having unprotected sex. On your travels, take every precaution possible to prevent the spread of the disease, including using condoms during intercourse.

*This post was written in collaboration with IW.

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