

Heading Off on Your Own With Sickle Cell Disease?

What to know before you go...



TEXAS
Health and Human
Services

Texas Department of State
Health Services

3 THINGS TO DO BEFORE YOU LEAVE:

- ☐ Find a provider, hematologist, and pharmacy (your current provider or campus health center can help).
- ☐ Get up to date on vaccinations.
- ☐ Create your medical 'passport' (triggers, crisis plan, meds, insurance) and identify an emergency contact in case of a crisis.

3 THINGS TO DO WHEN YOU GET THERE:

- ☐ Schedule regular checkups with a campus or local provider.
- ☐ Take meds as prescribed and make sure you have enough refills.
- ☐ Find support (health center, disability services, student groups, etc.).

3 THINGS YOU CAN DO DAILY:

- ☐ Get enough sleep and stay hydrated.
- ☐ Avoid triggers (excessive alcohol, cold temperatures, stress, etc.).
- ☐ Stay active (walk, stretch, exercise, or move in ways that feel good).

