



## College Checklist

- ❑ **CHECK IT OUT:** Contact the university's health services before arriving, and locate the closest treatment center and hospital. Make sure that you choose the school that meets your educational criteria, not just the one closest to a hemophilia treatment center.
  
- ❑ **SHIP IT IN:** If you self-infuse, arrange for a shipping address at your school or nearby. Factor cannot be shipped to P.O. Boxes.
  
- ❑ **STORE IT RIGHT:** Keep a small refrigerator so that you can keep your factor at the right temperature, if it needs refrigeration. And don't forget to pack and store your ancillary equipment in a convenient place.
  
- ❑ **BOND WITH YOUR ROOMMATE:** Make sure your roommates are aware of your condition so they understand why you have syringes. If possible, have this conversation with them prior to the beginning of your freshman year.
  
- ❑ **IN MODERATION, IF AT ALL:** Dangerous for anyone, the epidemic of binge drinking on college campuses is particularly dangerous if you have hemophilia and the added complication of hepatitis C. Drinking may impair your judgment and drive you to take unnecessary risks.
  
- ❑ **BRACE YOURSELF:** Try to wear a MedicAlert® bracelet at all times. (Visit [www.medicalert.org](http://www.medicalert.org) for information on the MedicAlert® bracelet and program.) Such identification may save your life if you are injured and unable to speak for yourself.
  
- ❑ **ENJOY IT:** As long as you're prepared for any hemophilia related issues, you will get as much out of college as your classmates.

