

**SAMPLE LETTER – RECOMMENDED FOR:**  
**After School Activity**  
**School Trip**  
**Overnight at a Family’s/Friend’s House**

**This is a sample letter. Please work with your Hemophilia Treatment Center (HTC) and, where applicable, your local school district to create a letter that works best for your child.**

\_\_\_\_ Name of Parent \_\_\_\_  
\_\_\_\_ Street \_\_\_\_  
City, State, Zip Code  
(\*\*\*) \*\*\* - \*\*\*\* (cell)  
(\*\*\*) \*\*\*- \*\*\*\* (home)

[Date]

To: \_\_\_\_\_

Just a reminder for you that \_\_\_\_\_, \_\_\_\_ years old, has \_\_\_\_\_.  
As you already know, \_\_\_\_\_ participates in all school activities. In an overnight situation like this, however, you need to keep several things in mind:

1. \_\_\_\_\_ should not engage in wrestling or contact sports like tackle football—all other sports are fine.
2. Although \_\_\_\_\_ has received a dose of factor, he may need additional treatment if other trauma does occur.
3. \_\_\_\_\_ is traveling with one dose of his factor in case of an emergency that would warrant his transportation to a hospital.
4. \_\_\_\_\_ can communicate to you if he is having an internal bleed, and please take him seriously.
5. Treat any cuts, scrapes, or bruises that he may get the same as you would with anyone else.
6. In case of nosebleed use pressure on the nose, a cool compress on the back of the neck, and keep his head forward.
7. \_\_\_\_\_’s medicine should be kept away from heat and freezing. It can remain out in his room with his stuff at room temperature.
8. Under no circumstances should \_\_\_\_\_ be given aspirin, ibuprofen (eg, Advil®), naproxen (eg, Aleve®), or any products containing those items, because they promote bleeding. He may only, and only if needed, take acetaminophen (eg, Tylenol®) products for pain or fever.

In case of emergency, \_\_\_\_\_’s health insurance is: \_\_\_\_\_; Group number: \*\*\*\*\*; Member number: \*\*\*\*\*; Electronic payer ID: \*\*\*\*\*; Phone number: (877)-\*\*\*-\*\*\*\*.

If you need to contact me, please call: \_\_\_\_\_ at (\*\*\*) \*\*\*-\*\*\*\* (cell), or (\*\*\*) \*\*\*-\*\*\*\* (home).

**Have fun!**