



## HOW TO TALK TO YOUR BOSS/COWORKERS

# CONVERSATION GUIDE

Here's your conversation guide—created by people with HS for people with HS. If you find this helpful, you might want to check out the other sections on Talking to Your Friends and Family, Talking to Your Partner/Spouse, and Keeping Yourself Positive.



### TALKING TO YOUR BOSS/COWORKERS

Sometimes, the symptoms of HS can have a big effect on your workplace interactions.

- Have your doctor write a letter informing your supervisor about your condition.
- If possible, work out an arrangement that allows you to work from home when your symptoms are bad.
- Come up with a more flexible work schedule if you need it.

Again, it's up to you how much you think you should share. Here are few ideas for talking to coworkers:

- As you get to know your coworkers, think about sharing more with them.
- If you have one coworker you're close to, they can be someone you confide in. They will understand that having HS doesn't make you any less capable.
- If your coworkers are aware of HS, they'll understand the times when you're feeling discomfort and how you might have to work around it.
- Reassure your coworkers that HS is not contagious and not because of bad hygiene.