How to Talk to Your Boss and 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 a 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.