



# Healthy Travel Checklist

Here are some key tips for staying healthy on your trip!

For more information about travelling abroad: [wwwnc.cdc.gov/travel](http://wwwnc.cdc.gov/travel) OR [www.headinghomehealthy.org](http://www.headinghomehealthy.org)

## DURING YOUR TRIP

### ① Take Your Medications

- ✓ Take all of the medicines you usually take when you are at home.
- ✓ Take your anti-malarial medication (if prescribed). All anti-malarial medications start **before** your trip and continue **after** your return:

- |   |                                       |
|---|---------------------------------------|
| <input type="checkbox"/> None                 | <input type="checkbox"/> Doxycycline  |
| <input type="checkbox"/> Atovaquone-proguanil | <input type="checkbox"/> Mefloquine   |
| <input type="checkbox"/> Chloroquine          | <input type="checkbox"/> Other: _____ |



### ② Protect Yourself from Bug and Animal Bites

- ✓ Avoid bug bites; use an insect repellent that contains at least 20% DEET.
- ✓ Wear long-sleeved shirts, long pants, closed shoes, and hats, as much as possible.
- ✓ Do not touch animals you don't know, even if they look safe.
- ✓ Seek immediate medical attention if you are bitten or scratched by any animal.



### ③ Be Careful What You Eat

- ✓ Drink beverages that have been bottled and sealed and avoid ice.
- ✓ Eat food that is fully cooked and served hot.
- ✓ Wash your hands often or use a hand sanitizer frequently.
- ✓ If you have diarrhea with fever or blood, take your anti-diarrheal antibiotic and seek medical care:

- |  |                                       |
|--|---------------------------------------|
| <input type="checkbox"/> None          | <input type="checkbox"/> Azithromycin |
| <input type="checkbox"/> Ciprofloxacin | <input type="checkbox"/> Other: _____ |



### ④ Road and Motor Vehicle Safety

- ✓ Always wear a seatbelt.
- ✓ Wear a helmet when you ride a bike or motorcycle.
- ✓ Look for oncoming traffic in both directions.
- ✓ Avoid overcrowded buses and cars.
- ✓ Avoid driving at night on unfamiliar roads.



## AFTER YOUR TRIP

- ✓ Seek medical attention if you develop a fever during your trip or after your return.
- ✓ Follow-up with a health care provider if you were seriously injured or ill during your trip.

## PHYSICIAN NOTES:

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