

# Heading Home Healthy



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# Heading Home Healthy

- Heading Home Healthy is a program supported by the Massachusetts General Hospital, the New York City Department of Health and Mental Hygiene and the Centers for Disease Control and Prevention.
- Our goal is to help travelers stay healthy when they are returning home to visit friends and relatives
- Website: [www.headinghomehealthy.org](http://www.headinghomehealthy.org)



# International Travel is Increasing

- In 2014, US citizens took more than 68 million trips to foreign countries, an increase of more than 10% from 2013.
  - 51% Holiday
  - 27% Visiting Friends and Relatives
- Travelers may be exposed to diseases outside of the United States, as well as bring diseases back to the United States.



# International Travel is Varied

- Top international destinations of US travelers (2014):
  - Europe (35%)
  - Caribbean (25%)
  - Asia (19%)
  - Central America (8%)
  - South America (7%)
  - Middle East (6%)
  - Africa (3%)
- Travel to Asia and Africa has been increasing.



# Illnesses and Injury can be Associated with International Travel

## Injuries:

- Motor Vehicle Accidents
- Violence
- Natural Disaster
- High Altitudes



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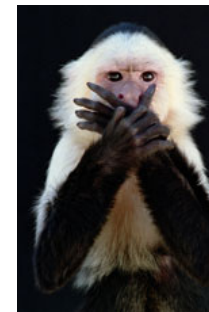
# Illnesses and Injury can be Associated with International Travel

## Insect-Borne Illness

- Malaria
- Yellow Fever
- Dengue
- Chikungunya
- Japanese Encephalitis

## Animal-Borne Illness

- Rabies



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# Illnesses and Injury can be Associated with International Travel

## Food-Borne Illness

- Hepatitis A
- Travelers' Diarrhea



**Boil it, Cook it, Peel it, or Forget it!**

## Blood-Borne Illness

- HIV
- Hepatitis B



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# Disease Risk Varies by Destination

## Malaria



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# Disease Risk Varies by Destination even within a country

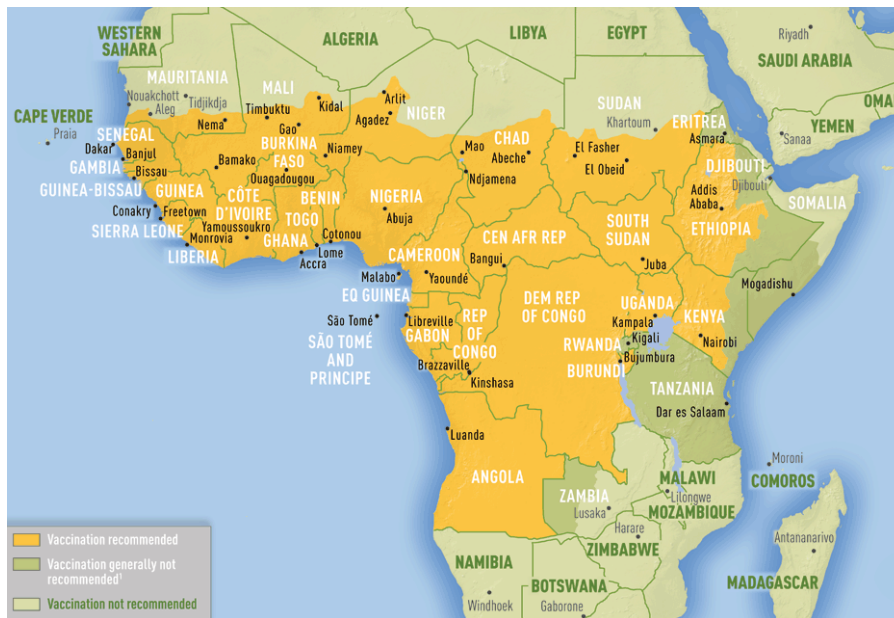
## Malaria



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# Disease Risk Varies by Destination

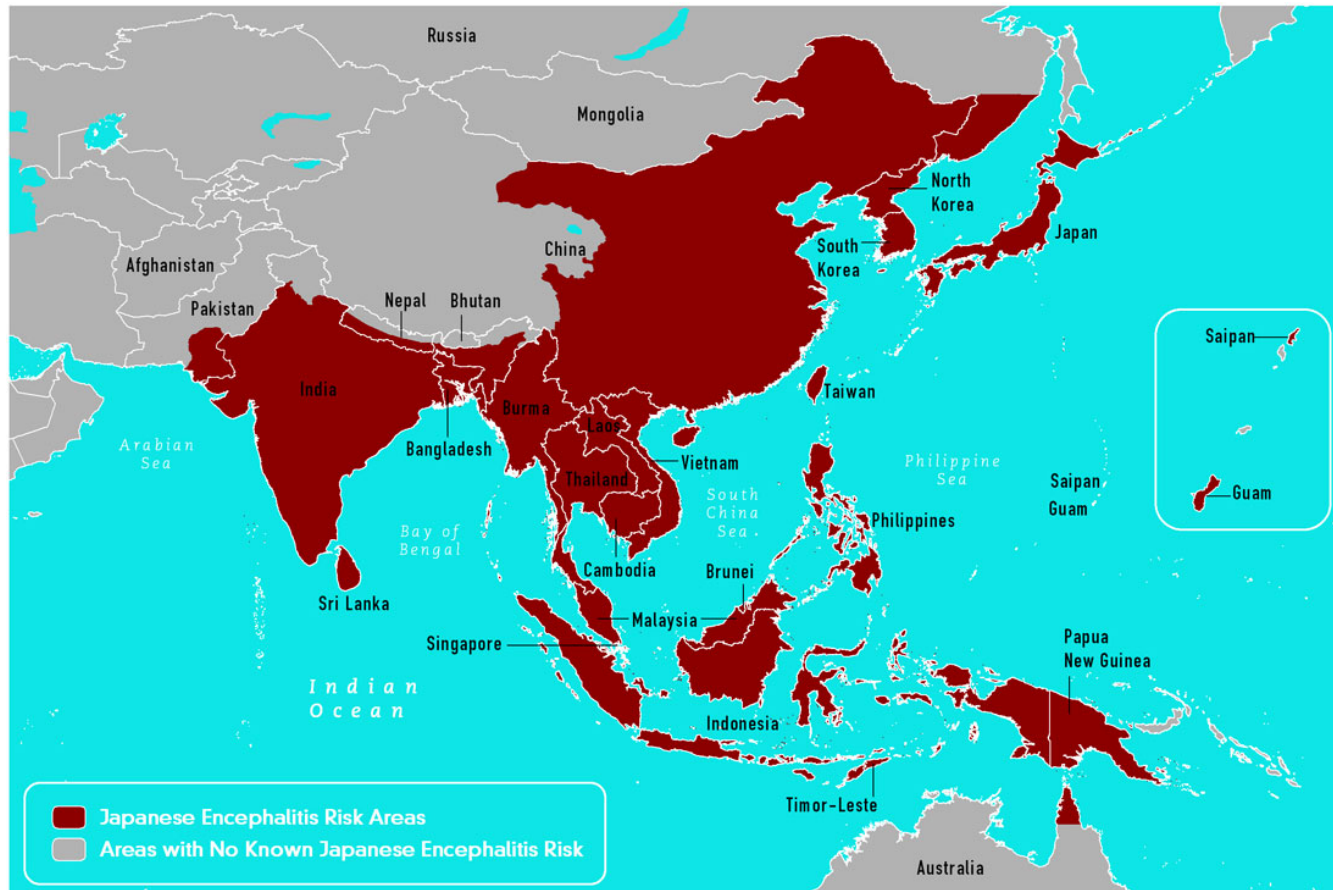
## Yellow Fever



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# Disease Risk Varies by Destination

## Japanese Encephalitis



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# Travelers Visiting Friends and Relatives are at Higher Risk

- Travelers visiting friends and relatives experience higher rates of infectious diseases related to travel, including malaria, typhoid fever, and hepatitis A.
  - Lack of awareness of risk; “am going home”
  - Cultural or language barriers
  - Last-minute travel plans
  - Longer trips



# What is a Pre-Travel Consultation?

- The pre-travel consultation is a dedicated time to prepare travelers for health concerns that may arise during their international trip.
- Consists of :
  - Past Medical History (Immunizations & Special Conditions)
  - Trip Details (Itinerary, timing, reason for travel)
  - Vaccinations and prescription medications
  - Education



# A Free Web-Tool for the Traveler


- Travelers' Rapid Health Information Portal (TRhIP)
- Free, easy-to-use web-tool that provides customized health advice for safe travel based on recommendations of the United States Centers for Disease Control and Prevention.
- Available in 9 Languages!



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# A Free Web-Tool for the Traveler

باللغة العربية | বাংলায় | en español | En Français | अभिव्यक्ति | an kreyòl ayisyen | Na Kriolu | mu luganda | Em Português do Brasil | Русский |  
Tiếng Việt | 语言

 **Travelers' Rapid Health Information Portal**

Welcome to the Travelers' Rapid Health Information Portal (TRhIP)! TRhIP is sponsored by the [Global TravEpiNet \(GTEN\)](#) and provides health advice for safe international travel based on the recommendations of the U.S. [Centers for Disease Control and Prevention](#). You should visit a health care provider ideally 4 – 6 weeks before your trip. Even if you are leaving soon, a visit to your health care provider is still useful.

**1 How old are you?**

less than 18 years old

18 years old or older

**2 What is your ZIP code?**

(Use '99999' if not in US.)

**3 Where will you be traveling?**

First destination country:

Are you traveling to more than one country?

[View Recommendations](#)



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## Travelers' Rapid Health Information Portal

The following general recommendations are based on your age and the country or countries you are visiting (Albania). **These recommendations do not replace the personalized advice of your health care provider.**

### Your Checklist

[Print](#)

#### Before your trip

##### See a health care provider for advice, vaccines, and medications

- Talk to a health care provider ideally 4–6 weeks before your trip for personalized travel health recommendations. The CDC maintains a [directory of clinics](#). Even if you are leaving soon, a visit to your health care provider is still useful.
- Make sure you are up-to-date on routine vaccines.
- You may need vaccines to prevent the following travel-related diseases:
  - Hepatitis A
  - Meningitis
  - Rabies, depending on your travel plans and activities
  - Typhoid fever
  - Yellow fever; required to enter one or more of the countries you will be visiting
- Malaria is present in Guinea. You may need a prescription medication to prevent malaria.
- Your health care provider may prescribe other vaccines (such as Hepatitis B) or medicines (such as medicine to treat altitude illness), depending on your health history and the details of your trip.

##### Plan for emergencies

- Consider travel medical insurance. Medical care overseas can be expensive especially if you need costly procedures or need to be evacuated to another country. [Click here for more about travel medical insurance from the CDC.](#)

#### During your trip

##### Take your medicines

- Take your prescribed anti-malarial medication.
- Take all of the medicines you usually take when you are at home.

##### Protect yourself from illness and injury

- Avoid bites from mosquitoes and other bugs. Bug bites can lead to serious diseases such as malaria and dengue. Use an insect repellent and wear long-sleeved shirts, long pants, closed shoes, and hats as much as possible.
- Drink beverages that have been bottled and sealed. Eat food that is fully cooked and served hot. Wash your hands often. Following these tips can help you avoid travelers' diarrhea.
- The most common cause of injuries and deaths among US travelers is road traffic. Wear a helmet when you ride a bike or motorcycle; always wear a seatbelt; look for oncoming traffic in both directions if crossing the street; avoid overcrowded buses and cars; and avoid driving at night on unfamiliar roads.

#### After your trip

- Seek medical care immediately if you develop a fever after visiting a country with malaria (Guinea).
- Follow-up with a health care provider if you were seriously injured or ill during your trip.

### Additional information

Get destination specific health recommendations below:

- [Guinea](#)

Consult with your health care provider if you have questions.

Learn more about travel health at the Travelers' Health website of the US Centers for Disease Control and Prevention (<http://www.cdc.gov/travel/>).

If you wish to see recommendations for a different trip, you may [start over](#).

Have a safe and healthy trip!



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# A Free Web-Tool for the Traveler

In English | باللغة العربية | বাংলা | en español | En Français | an kreyòl ayisyen | Na Kriolu | mu luganda | Em Português do Brasil | Русский | Tiếng Việt | 语言

 **ट्रैवलर्ज़ रैपिड हैल्थ इनफॉर्मेशन पोर्टल**

ट्रैवलर्ज़ रैपिड हैल्थ इनफॉर्मेशन पोर्टल (TRhIP) में आपका स्वागत है! TRhIP, (ग्लोबल TravEpiNet (GTEN)) द्वारा प्रायोजित है तथा सुरक्षित अंतरराष्ट्रीय यात्रा के लिए (यू.एस. सेंटर्स फॉर डिजीज़ कंट्रोल एंड प्रिवेंशन) की अनुशंसाओं पर आधारित, स्वास्थ्य सलाह प्रदान करता है। आपको अपनी यात्रा के 4 - 6 सप्ताह पहले किसी स्वास्थ्य सेवा प्रदाता से संपर्क करना चाहिए। भले ही आप जल्दी जा रहे हों, फिर भी स्वास्थ्य सेवा प्रदाता से आपका संपर्क लाभप्रद रहता है।

**1 आपकी उम्र कितनी है?**

18 वर्ष से कम  
 18 वर्ष या अधिक

**2 आपका ZIP कोड क्या है?**

('99999' प्रयोग करें, अगर US में नहीं है।)

**3 आप कहाँ यात्रा करेगे?**

पहला गंतव्य देश:

क्या आप एक से अधिक देशों की यात्रा कर रहे हैं?

**अनुशंसाएँ देखें**

यह साधन मैसाचुसेट्स जनरल हॉस्पिटल (Massachusetts General Hospital) द्वारा प्रदान किया गया है, और यू.एस. सेंटर्स फॉर डिजीज़ कंट्रोल एंड प्रिवेंशन (CDC) के अनुदान U01CK000175 से विकसित किया गया है। इस साधन का प्रयोग करते हुए, आप इस बात की सहमति देते हैं कि मैसाचुसेट्स जनरल हॉस्पिटल आपकी यात्रा से संबंधित किसी भी व्यक्तिगत परिणामों के लिए उत्तरदायी नहीं है।



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# A Free Web-Tool for the Clinician

- Pre-Travel Providers' Rapid Evaluation Portal (Pre-Travel PREP)
- Free, easy-to-use clinical web-tool that guides clinicians through preparing a US traveler for a safe and healthy trip based on recommendations from the U.S. Centers for Disease Control and Prevention



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# A Free Web-Tool for the Clinician



## Pre-Travel Providers' Rapid Evaluation Portal (Pre-Travel PREP)

Welcome to Pre-travel PREP! Pre-Travel PREP is a free clinical tool that guides you through preparing a US traveler for a safe and healthy international trip. It was developed to act as an interactive [Yellow Book \(Health Information for International Travel\)](#), and its output is based on the recommendations of the [US Centers for Disease Control and Prevention](#). PREP is continuously updated as new recommendations arise. Its development is supported by the Massachusetts General Hospital and the CDC.

### 1 Provider information

Please provide information about yourself:

\* Indicates a required question

Which of the following best describes you? \*

Primary Care Physician ▾

Which of the following best describes your type of practice? \*

Private office ▾

Please provide your US ZIP code (use "99999" if not in US): \*

02114

### 2 Traveler information

Please provide information about the traveler:

How old is the traveler? \*

45 years (for children < 1 year, please enter age in months:  months)

What is the traveler's sex? \*

Male  Female

Where is the traveler going? \*

Afghanistan	Guinea
Albania	
Algeria	
American Samoa	
Andorra	
Anegada	
Angola	
Anguilla (U.K.)	

Please indicate if the traveler fits into any of the following categories (select all that apply):

- Returning home to visit family or friends (VFR)
- Study abroad / student traveler
- Humanitarian aid or health care worker
- Cruise ship passenger
- Long-term traveler or expatriate
- Last minute traveler
- Traveling to a mass gathering

Please indicate if the traveler has any of the following medical problems or conditions (select all that apply):

- Severe egg allergy (i.e. documented IgE-mediated hypersensitivity to eggs; or hives, swelling of the lips or tongue, acute respiratory distress or collapse after eating eggs)
- Thymus disease or history of thymectomy
- Immune system disorder, or taking immune-suppressing medication (see also: [Medical Conditions and Treatments Associated with Immune Deficits #](#))
- Neuropsychiatric condition
- Seizure disorder
- Heart conduction abnormality
- Psoriasis
- Severe renal impairment
- Chronic liver disease
- Pregnant
- Planning pregnancy in next three months
- Breastfeeding

[View recommendations](#)



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# A Free Web-Tool for the Clinician



## Pre-Travel Providers' Rapid Evaluation Portal (Pre-Travel PREP)

### Customized clinical guidance for this traveler

Based on the following information about the traveler, Pre-Travel PREP makes the recommendations outlined below.

The traveler is a 45-year-old male who is traveling to Guinea.

The traveler reported chronic liver disease. *Travelers with a complicated medical history or itinerary may benefit from consulting a travel medicine specialist. The CDC maintains a [list of travel medicine providers](#).*

### Vaccinations

#### ROUTINE VACCINATIONS

*The U.S. is presently experiencing a high number of measles cases. All travelers should be up-to-date on MMR vaccinations before international travel.*

All travelers should be up-to-date for routine vaccines such as tetanus-diphtheria-pertussis (Tdap),... [more](#)

#### YELLOW FEVER

Yellow fever vaccine is recommended for people who are traveling to [Guinea](#). Yellow fever... [more](#)

#### HEPATITIS A VACCINE

**Caution:** For maximum protection, travelers who are aged > 40 years, immunocompromised, or have chronic liver disease or other chronic medical conditions, and who are planning to depart in < 2 weeks, may be given immune globulin with the initial dose of hepatitis A vaccine. Immune globulin and hepatitis A vaccine should be administered at separate anatomic injection sites. See [Hepatitis A vaccine and immune globulin administration](#).

All travelers to Guinea should be immune to hepatitis A. Protection from previous exposure should... [more](#)

#### TYPHOID FEVER VACCINE

Typhoid fever vaccine is recommended for travelers to [Guinea](#). Two typhoid vaccines are available in... [more](#)



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Typhoid fever vaccine is recommended for travelers to [Guinea](#). Two typhoid vaccines are available in the United States: an oral vaccine (Vivotif) and an intramuscular vaccine (Typhim Vi).

[Typhoid Fever](#)

[Dosage and Administration of Typhoid Vaccines](#)



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[Typhoid Fever](#)  
[Dosage and Administration of Typhoid Vaccines](#)

**Table 3-20. Vaccines to prevent typhoid fever**

VACCINATION	AGE (y)	DOSE, MODE OF ADMINISTRATION	NUMBER OF DOSES	DOSING INTERVAL	BOOSTING INTERVAL
<b>Oral, Live, Attenuated Ty21a Vaccine (Vivotif)<sup>1</sup></b>					
Primary series	≥6	1 capsule, <sup>2</sup> oral	4	48 hours	Not applicable
Booster	≥6	1 capsule, <sup>2</sup> oral	4	48 hours	Every 5 years
<b>VI Capsular Polysaccharide Vaccine (Typhim Vi)</b>					
Primary series	≥2	0.50 mL, intramuscular	1	Not applicable	Not applicable
Booster	≥2	0.50 mL, intramuscular	1	Not applicable	Every 2 years

<sup>1</sup> The vaccine must be kept refrigerated (35.6°F–46.4°F, 2° C–8°C).

<sup>2</sup> Administer with cool liquid no warmer than 98.6°F (37°C).



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## INFLUENZA (FLU) VACCINE

Annual influenza vaccination is recommended for all people  $\geq 6$  months old. Infection with seasonal...  
[more](#)

## MENINGOCOCCAL VACCINE

Vaccination against meningococcal disease is recommended for travelers to **Guinea** during the dry...  
[more](#)

## RABIES VACCINE, DEPENDING ON TRAVEL PLANS AND ACTIVITIES

Rabies vaccine should be considered for international travelers visiting **Guinea**. Planned activities...  
[more](#)

## Preventing insect-borne illness

### AVOIDING INSECT BITES

Travelers should avoid bites from mosquitoes and other insects as they can lead to serious diseases...  
[more](#)

### DENGUE AND CHIKUNGUNYA

Dengue and chikungunya are viral illnesses that are spread through mosquito bites. Travelers who are visiting **Guinea** are at risk of dengue and/or chikungunya. There are currently no vaccines or medicines to prevent these illnesses. Travelers should protect themselves by preventing bites from mosquitoes.

[Dengue](#)

[Map of Dengue in the Americas and Caribbean](#)

[Map of Dengue in Africa and the Middle East](#)

[Map of Dengue in Asia and Oceania](#)

[Chikungunya](#)



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The screenshot shows the CDC website interface. The main heading is 'Travelers' Health'. Below it, there's a navigation menu with options like Home, Destinations, Travel Notices, Find a Clinic, Disease Directory, Resources, Yellow Book, Contents, Chapter 3 (81), Dengue, more, Tables, Maps, Figures, Boxes, Updates, About the Yellow Book, Mobile Apps, and RSS Feeds. The main content area displays 'Chapter 3 Infectious Diseases Related to Travel' with social media icons for Facebook, Twitter, and a plus sign. Below that, it shows 'Chapter 3 - Cysticercosis' and 'Chapter 3 - Diphtheria'. The current page is 'Dengue' by Kay M. Tomashek, Tyler M. Sharp, and Harold S. Margolis. The text defines Dengue as an acute febrile illness caused by four related positive-sense, single-stranded RNA viruses of the genus *Flavivirus*. It also discusses transmission and epidemiology.



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# A Free Web-Tool for the Clinician

## MALARIA

Malaria chemoprophylaxis is recommended for travelers to [Guinea](#).

Pre-Travel PREP recommends the following choices of anti-malarial medications. If more than four weeks' worth of medication is required, prescriptions should note that the traveler will be overseas and unable to obtain refills so that the pharmacy will dispense sufficient medication for the entire trip.

### Atovaquone-proguanil

Atovaquone-proguanil (250mg/100mg daily for adults) should begin 1–2 days before travel to... [more](#)

### Doxycycline

Doxycycline prophylaxis (100 mg daily for adults) should begin 1–2 days before travel to... [more](#)

### Mefloquine

Mefloquine prophylaxis (250 mg salt weekly for adults ) should begin  $\geq 2$  weeks before travel to... [more](#)

**Caution: the FDA has added a [boxed warning](#) to the drug label for mefloquine regarding possible neurologic side effects.**

[Malaria](#)

[Malaria Information by Country](#)

[Drugs Used in the Prophylaxis of Malaria](#)

[Map of Malaria in the Western Hemisphere](#)

[Map of Malaria in the Eastern Hemisphere](#)



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Display only:

Guinea

Go

### Guinea

#### Yellow Fever

**Requirements:** Required if traveling from a country with risk of YFV transmission and ≥1 year of age.<sup>1</sup>

**Recommendations:** *Recommended* for all travelers ≥9 months of age.

#### Malaria

**Areas with malaria:** All.

**Estimated relative risk of malaria for US travelers:** High.

**Drug resistance<sup>4</sup>:** Chloroquine.

**Malaria species:** *P. falciparum* 85%, *P. ovale* 5%–10%, *P. vivax* rare.

**Recommended chemoprophylaxis:** Atovaquone-proguanil, doxycycline, or mefloquine.

#### Other Vaccines to Consider

See [Health Information for Travelers to Guinea](#).



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#### Yellow Fever

**Requirements:** Required if traveling from a country with risk of YFV transmission and  $\geq 1$  year of age.<sup>1</sup>

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See [Health Information for Travelers to Guinea](#).

### Atovaquone-proguanil

Atovaquone-proguanil (250mg/100mg daily for adults) should begin 1–2 days before travel to malarious areas and continue daily through 7 days after leaving malarious areas. It should be taken with food. Atovaquone-proguanil is a good choice for last-minute travelers and those going on shorter trips. Atovaquone-proguanil is well tolerated, and side effects are uncommon. For more information about Atovaquone-proguanil, see [Further Information about Atovaquone-Proguanil](#). [less](#)



HEADING  
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HEALTHY

# A Free Web-Tool for the Clinician

## Preventing food-borne illness

Travelers should wash their hands often with soap and water, especially before eating. If soap and water are not available, they should use an alcohol-based hand gel (with at least 60% alcohol). Travelers should only drink beverages that have been bottled and sealed, and they should eat food that is fully cooked and served hot. Self-treatment with an antibiotic directed at bacterial causes of diarrhea can shorten the duration of illness and is useful for some travelers.

[Travelers' Diarrhea](#)

## Other important health information for this traveler

**Road Travel:** The most common cause of injuries and deaths among travelers is road traffic. The traveler should wear a helmet when riding a bike or motorcycle; always wear a seatbelt; look for oncoming traffic in both directions if crossing the street; avoid overcrowded buses and cars; and avoid driving at night on unfamiliar roads. See [CDC advice regarding injury prevention](#).

**Travel Medical Insurance:** The traveler should check the extent of his/her medical insurance outside the United States and consider travel medical insurance. Medical care overseas can be expensive, especially if costly procedures or evacuation to another country is needed. See [CDC advice regarding travel health insurance](#).

**Animal Avoidance:** To decrease the risk of rabies, travelers should avoid stray animals, be aware of their surroundings so that they do not accidentally surprise a stray dog, avoid contact with bats and other wildlife, and not carry or eat food while nonhuman primates are near. All animal bites while traveling warrant a medical evaluation. See [CDC advice regarding animal-associated hazards](#).

**Travel to visit family and friends:** Travelers who are returning home to visit friends and family are at higher risk of travel-related infectious diseases. It is important to increase awareness of travel-associated risks among these travelers. Culturally sensitive educational materials may be of use. See [CDC recommendations for advising immigrants returning home to visit friends & relatives \(VFRs\)](#).

Health information that you can print for the traveler:

PREP Healthy Travel Checklist

— a single page of health information you can print out for the traveler, available in:

[English](#), [Amharic](#), [Arabic](#), [Bengali](#), [Brazilian Portuguese](#), [Chinese](#), [French](#), [Haitian Creole](#), [Hindi](#), [Russian](#), [Somali](#), [Spanish](#), [Tigrigna](#), [Vietnamese](#)

[Food and water safety](#)

[Travelers' diarrhea](#)

[Avoid bug bites](#)

[Road safety](#)

[Be safe around animals](#)

[Getting health care abroad](#)

[Travel to visit friends and relatives](#)

[Travel with children](#)

## CDC information links for destinations

To learn more about specific health recommendations for the traveler's destination(s), please click on the link to go directly to the CDC travel pages for each destination / country.


[Guinea](#)

You may also wish to review the current [travel health notices](#) from the CDC.



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HEALTHY


# Resources For the Clinician



**PREP Healthy Travel Checklist**

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


*For more information about travelling abroad: <http://wwwnc.cdc.gov/travel/> OR <http://atan.trave/trip>*



**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:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_


Version 1 (03/21/2015)



**Lista de verificación para viajes saludables**

*¡Aquí incluimos algunos consejos clave para mantenerse saludable durante su viaje!*

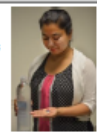
*Para obtener más información sobre viajes al exterior: <http://wwwnc.cdc.gov/travel/> O <http://atan.trave/trip>*



**Durante su viaje**

**① Tome sus medicamentos**

- ✓ Tome todos los medicamentos que toma habitualmente cuando no está de viaje.
- ✓ Tome su medicamento contra la malaria (si se indica). Debe comenzar a tomar todos los medicamentos contra la malaria antes de su viaje y continuar después de que regrese:




<input type="checkbox"/> Ninguno	<input type="checkbox"/> Doxiciclina
<input type="checkbox"/> Atovaquona-proguanil	<input type="checkbox"/> Mefloquina
<input type="checkbox"/> Cloroquina	<input type="checkbox"/> Otro: _____

---

**② Protéjase de las picaduras de insectos y mordidas de animales**


- ✓ Evite las picaduras de insectos; use un repelente contra insectos que contenga por lo menos 20% de DEET.
- ✓ Use mangas largas, pantalones largos, zapatos cerrados y sombreros, tanto como sea posible.
- ✓ No toque a los animales que no conoce, incluso si parecen inofensivos.
- ✓ Busque atención médica de inmediato si un animal le muerde o le araña.



---

**③ Tenga cuidado con lo que come**

- ✓ Tome bebidas embotelladas que estén bien cerradas, y evite el hielo.
- ✓ Ingiera alimentos bien cocinados y servidos calientes.
- ✓ Lávese las manos a menudo o utilice un desinfectante para manos con frecuencia.
- ✓ Si tiene diarrea con fiebre o sangre, tome su antibiótico contra la diarrea y busque atención médica:




<input type="checkbox"/> Ninguno	<input type="checkbox"/> Azitromicina
<input type="checkbox"/> Ciprofloxacina	<input type="checkbox"/> Otro: _____

---

**④ Seguridad en los vehículos motorizados y en las carreteras**

- ✓ Use siempre un cinturón de seguridad.
- ✓ Use un casco cuando vaya en bicicleta o motocicleta.
- ✓ Preste atención al tráfico que viene de ambas direcciones.
- ✓ Evite los autobuses y automóviles llenos de gente.
- ✓ Evite conducir de noche o por caminos que no conoce bien.



---

**DESPUÉS DE SU VIAJE**

- ✓ Busque atención médica si tiene fiebre durante su viaje o después de su retorno.
- ✓ Realice un seguimiento con un proveedor de atención médica si sufrió una lesión o enfermedad grave durante su viaje.

---

**NOTAS DEL MÉDICO:**

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\_\_\_\_\_



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HEALTHY

# Resources For the Clinician



FOR THE TRAVELER

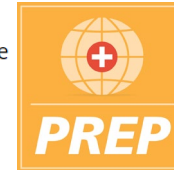
FOR THE CLINICIAN

OUR PARTNERS

TRAVEL HEALTH AMBASSADORS

## FOR THE CLINICIAN

Visit the [Pre-Travel Providers' Rapid Evaluation Portal \(Pre-Travel PREP\)](#) to get up to date and destination-specific recommendations for your international travelers. PREP also provides a short patient handout about healthy travel, [available in 14 languages](#).



[Get Started](#)

## CLINICAL UPDATES

Clinical updates and population and destination-specific information for your travelers are provided by the CDC.

## CONTINUING MEDICAL EDUCATION COURSES

The CDC offers free continuing education courses through the [Training and Continuing Education Online Website](#).

## STAY UP-TO-DATE

✓ Sign up for our monthly newsletter for clinicians.

Email address:



# Resources For the Clinician

## Travel Health Provider Initiative Newsletter

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HEALTHY

October 2019



PREPARE YOUR PATIENTS FOR INTERNATIONAL TRAVEL Try our PREP tool

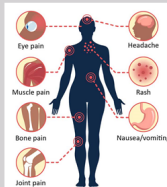


## Updates, Outbreaks & Security Concerns



### Dengue is a risk around the world

Many countries around the world are reporting increased cases of dengue including parts of Africa, the Middle East, Asia, the Pacific Islands and the Americas. Dengue is a virus spread through mosquito bites. Travelers should protect themselves from mosquito bites by wearing long sleeves and pants, by using an EPA-registered insect repellent, and by sleeping in an air conditioned room with window screens or under an insecticide-treated bed net.



### Africa

- There is an ongoing outbreak of [yellow fever](#) throughout Nigeria. Nigerian authorities may require proof of yellow fever vaccination.
- There is an outbreak of [Ebola](#) in North Kivu and Ituri provinces of the Democratic Republic of the Congo. Travelers should take precautions to avoid contact with the blood and bodily fluids of infected individuals.
- There are current outbreaks of polio in [Angola, Benin, Central African Republic, Ethiopia, Ghana, Mozambique, Niger, Somalia, Nigeria, and the Democratic Republic of the Congo](#). CDC recommends that all travelers to these countries be vaccinated against polio.

### Asia

- There is an outbreak of polio in [Burma \(Myanmar\)](#) and [Indonesia](#). CDC recommends that all travelers be fully vaccinated against polio.
- Health officials have reported an outbreak of [rubella](#) in Japan. All travelers to Japan should make sure they are fully vaccinated against rubella.

### Caribbean, Central & South America

- [Avoid all nonessential travel to parts of the Bahamas including the Abacos and Grand Bahama Island](#) due to severe damage caused by hurricane Dorian on September 2, 2019.
- [Avoid all nonessential travel to Venezuela](#) due to a breakdown in medical infrastructure, ongoing humanitarian crisis, and civil unrest.

### Pacific Islands

- An outbreak of [polio](#) has been reported in Morobe Province, Papua New Guinea. CDC recommends that all travelers to Papua New Guinea be fully vaccinated against polio.

## Zika Virus

Interactive World Map with the Latest Zika Recommendations



5 Things Everyone Should Know About Zika Virus

Zika and Pregnancy

Questions about Zika

## Travel Health and Safety Tips



The CDC recommends all travelers:

- [Visit a health care provider 4 to 6 weeks before travel.](#)
- [Avoid bites from mosquitoes and other insects.](#)
- [Stay safe around animals.](#)
- [Be safe on international roads.](#)
- [Wash their hands often with soap and water and use hand sanitizer as needed.](#)

## Resources for Travel Health Providers

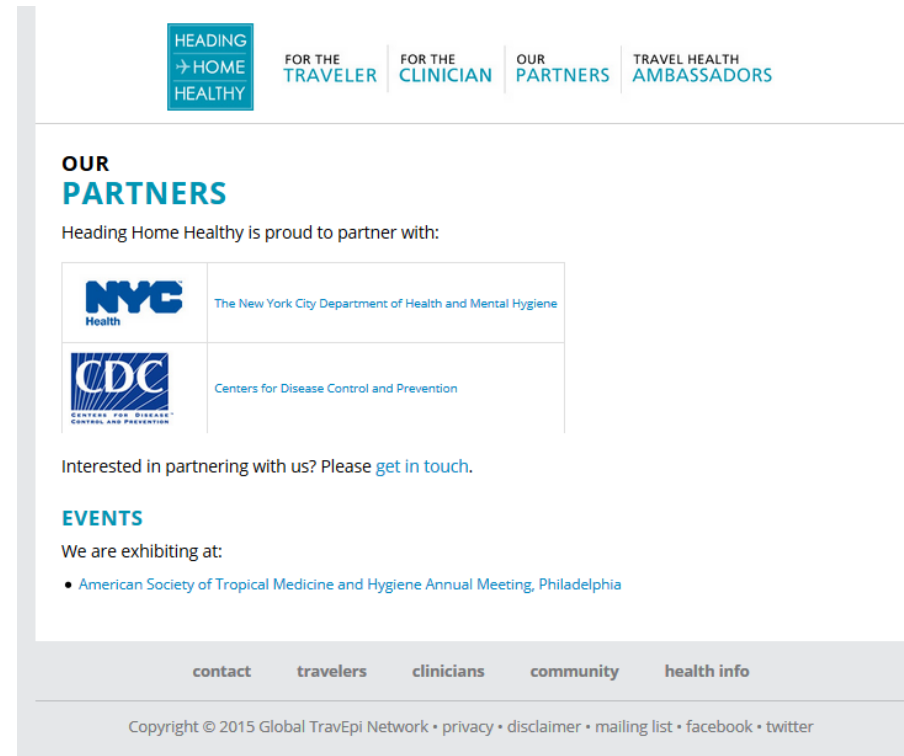
- [Current Infectious Disease Outbreaks for New York City Providers](#): Maintained by the New York City department of Health and Mental Hygiene.
- [The Global TravEpi Network](#): Global TravEpiNet is a national network of travel clinics across the United States. Contact us at [globaltravelnet@partners.org](mailto:globaltravelnet@partners.org)
- [Heading Home Healthy](#): A program to help travelers stay healthy when they are returning home to visit friends and relatives. Supported by Global TravEpiNet, Massachusetts General Hospital and the Centers for Disease Control and Prevention.
- [The Interactive Vaccine Tools at Dartmouth-Hitchcock](#): An online interactive decision tool for the most common travel vaccines.
- [The New York City Department of Health and Mental Hygiene Bureau of Communicable Disease](#): For New York City residents, call (347) 396-2600.
- [Pre-Travel Providers' Rapid Evaluation Portal \(Pre-Travel PREP\)](#): Up-to-date CDC recommendations based on your international traveler's destination(s), age, and medical condition(s).
- [Preventing Malaria and Malaria: Key Facts](#) and [What To Do If Your Travel Medicine Is Too Expensive](#). Handouts for travelers in plain language.
- [The Travelers Rapid Health Information Portal \(TRHIP\)](#): Customized health information for international travelers based on CDC recommendations.
- [United States Centers for Disease Control and Prevention](#): Destination-specific travel health information, recommendations, and notices. <http://www.cdc.gov/travel/> | (800) CDC-INFO | (800) 232-4636.



HEADING  
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# Our Partners

- We are partnering with federal, state, and local health departments to promote safe and healthy international travel in their communities



The screenshot shows the 'Our Partners' section of the 'Heading Home Healthy' website. At the top, there is a navigation bar with the 'HEADING HOME HEALTHY' logo and four menu items: 'FOR THE TRAVELER', 'FOR THE CLINICIAN', 'OUR PARTNERS', and 'TRAVEL HEALTH AMBASSADORS'. The main heading is 'OUR PARTNERS'. Below it, the text reads 'Heading Home Healthy is proud to partner with:'. There are two partner cards: one for 'NYC Health' (The New York City Department of Health and Mental Hygiene) and one for 'CDC' (Centers for Disease Control and Prevention). Below the partner cards, it says 'Interested in partnering with us? Please [get in touch](#).' There is an 'EVENTS' section that says 'We are exhibiting at:' followed by a bullet point: '• American Society of Tropical Medicine and Hygiene Annual Meeting, Philadelphia'. At the bottom, there is a footer with navigation links: 'contact', 'travelers', 'clinicians', 'community', and 'health info'. The copyright notice at the very bottom reads 'Copyright © 2015 Global TravEpi Network • [privacy](#) • [disclaimer](#) • [mailing list](#) • [facebook](#) • [twitter](#)'.





# Travel Health Ambassadors

- Travel Health Ambassadors are community members with a special interest in keeping travelers healthy.
- We feature a local Travel Health Ambassador on our website.
- Monthly newsletter (Travel Health Ambassador Newsletter)



# Travel Health Ambassadors

## Travel Health Program Newsletter

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October 2019



### PLANNING A TRIP?

Get advice using our TRHIP tool

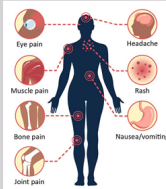


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### Resources for Travelers

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- [U.S. Department of State - Bureau of Consular Affairs Travel Advisories.](#)

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# Promotional Materials: Handouts



# Promotional Materials: Posters



**HEADING HOME  
HEALTHY**

See a healthcare provider  
before your international trip,  
even if it's last minute.

[www.headinghomehealthy.org](http://www.headinghomehealthy.org)



From the Massachusetts General Hospital through support from the US Centers for Disease Control and Prevention.



**HEADING HOME  
HEALTHY**

Find out how to stay healthy  
on your international trip!

[www.headinghomehealthy.org](http://www.headinghomehealthy.org)



From the Massachusetts General Hospital through support from the US Centers for Disease Control and Prevention.



# Contact Us

- Website: [www.headinghomehealthy.org](http://www.headinghomehealthy.org)
- Email address:  
[globaltravepinet@mgh.harvard.edu](mailto:globaltravepinet@mgh.harvard.edu)

- Social Media

 /headinghomehealthy

 @healthfultravel

