

Healthy Travel Checklist



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

For more information about travelling abroad: wwwnc.cdc.gov/travel OR 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:			
	☐ None	☐ Doxycycline		
	☐ Atovaquone-proguanil	☐ Mefloquine		
	Chloroquine	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.



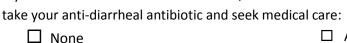


(3) Be Careful What You Eat

- 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.

☐ Ciprofloxacin

If you have diarrhea with fever or blood,





☐ 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: