

Checklist for the traveller

Obtain information on local conditions

Depending on destination

- risks related to the area (urban or rural)
- type of accommodation (hotel, camping)
- length of stay
- altitude
- security problems (e.g. conflict)
- availability of medical facilities.

Prevention

Vaccination. Contact the nearest travel medicine centre or a physician as early as possible, preferably 4–8 weeks before departure.

Malaria. Request information on malaria risk, prevention of mosquito bites, possible need for appropriate preventive medication and emergency reserves; pack a bednet and insect repellent.

Food hygiene. Eat only thoroughly cooked food and drink only bottled or packaged cold drinks, ensuring that the seal has not been broken. Boil drinking-water if safety is doubtful. If boiling is not possible, a certified well-maintained filter and/or disinfectant agent can be used.

Specific local diseases. Consult the appropriate sections of this book as well as <http://www.who.int> and authoritative web sites (http://www.who.int/ith/links/national_links/en/index.html).

Be aware of accidents related to

- traffic (obtain and carry a card showing blood group before departure)
- animals (beware of venomous marine or land creatures and other animals that may be rabid)
- allergies (wear a medical alert bracelet)
- sun (pack sunglasses and sunscreen)
- sport

Get the following check-ups

- medical—obtain prescriptions for medication according to length of stay, and obtain advice from your physician on assembling a suitable medical kit
- dental
- other according to specific conditions (e.g. pregnancy, diabetes)

Insurance

Purchase medical insurance with appropriate cover abroad, i.e. accident, sickness, medical repatriation.

Pre-departure travel health record

Surname:	First name(s):
Date of birth:	Country of current residence:
Purpose of travel:	<input type="checkbox"/> Tourist <input type="checkbox"/> Business <input type="checkbox"/> NGO and other traveller categorie <input type="checkbox"/> Visiting friends and/or relatives
Special activities:	<input type="checkbox"/> Accommodation: e.g. camping, bivouac <input type="checkbox"/> Sports: e.g. diving, hunting, high-altitude trekking <input type="checkbox"/> Adventure: e.g. bungee, jumping, white-water rafting
Date of departure and length of stay:	

Places to be visited

Country	Town	Rural area		Dates	
		Yes	No	From	to
		Yes	No	From	to
		Yes	No	From	to
		Yes	No	From	to
		Yes	No	From	to
		Yes	No	From	to

Medical history

Vaccination record including details of vaccination received to date:

Current state of health:

Chronic illnesses:

Recent or current medical treatment, including current medications:

Allergies (e.g. eggs, antibiotics, sulfonamides):

For women: Current pregnancy
 Pregnancy likely within 3 months
 Currently breastfeeding

History of anxiety or depression:
 If yes, treatment prescribed (specify):

Neurological disorders (e.g. epilepsy, multiple sclerosis):

Cardiovascular disorders (e.g. thrombosis, use of pacemaker):
