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.


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:
- Tourist
- Business
- NGO and other traveller categories
- Visiting friends and/or relatives

Special activities:
- Accommodation: e.g. camping, bivouac
- Sports: e.g. diving, hunting, high-altitude trekking
- Adventure: e.g. bungee, jumping, white-water rafting

Date of departure and length of stay:

Places to be visited

<table>
<thead>
<tr>
<th>Country</th>
<th>Town</th>
<th>Rural area</th>
<th>Dates</th>
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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):