

Patient Name: _____



DEPARTMENT of STUDENT HEALTH & WELLNESS

Provider: _____

Destination: _____

Travel Advisory Level: _____

Enroll in the official US State Department Smart Traveler Enrollment Program (STEP) at <https://step.state.gov/> for the latest travel advisories for your destination

- 1** Exercise normal precautions
- 2** Exercise increased caution
- 3** Reconsider travel
- 4** Do not travel

VACCINES

	ADVISED	UP TO DATE	LAST GIVEN		ADVISED	UP TO DATE	LAST GIVEN
Hepatitis A	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Yellow Fever ^{LIVE}	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hepatitis B	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	MMR ^{LIVE}	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Typhoid	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Varicella ^{LIVE}	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tetanus: Td or TdaP	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Polio	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Influenza	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Cholera	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Meningitis A,C,W,Y	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	HPV	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Rabies	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Meningitis B	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Japanese Encephalitis	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Pneumococcal	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

MALARIA

- No malaria risk for your itinerary
- DEET: **3M Ultrathon®** lotion recommended
- Insect Precautions only (see page 3 blue box)
- See maps for malaria/yellow fever risk

- Chloroquine: One 500mg tablet once a week; start one week before travel to region with malaria, take every week while at risk, and for **four weeks** after leaving at risk area. May worsen psoriasis.
- Malarone: One tablet once daily; start one to two days before travel to region with malaria, every day while in at risk area, and for **7 days** after leaving at risk area. Do not take if pregnant, severe kidney disease, or allergic.
- Doxycycline: One 100mg once daily; start one to two days before travel to region with malaria, every day while in at risk area, and for **28 days** after. Side effects can include:
 - Sunburn (wear sunscreen)
 - Nausea/stomach pain if taken on empty stomach (take with food)
 - Pill can get lodged in esophagus (take with full glass of water and don't lie down within one hour),
 - Vaginal yeast infection (bring over-the-counter medication for yeast infection)
 - Do not take if pregnant or allergic

*most insurance companies will not pre-authorize malaria prophylaxis, only treatment

RETURN

Post Travel Screening

- TB Testing: 8-10 weeks after return if >1 month in risk areas or time in health care facilities, refugee camps, prisons or homeless shelters.
- Schistosomiasis screening: 6-8 weeks after fresh water exposure

TRAVELERS' DIARRHEA

Rehydrate well with bottled/boiled water and electrolytes; oral rehydration solutions (ORS) can be obtained before travel or found easily abroad.

- Imodium® OTC (over the counter - follow directions on box for no more than 2 days)
- Azithromycin (preferred)
- Pepto-Bismol® tablets (see pink box page 2)
- Cipro®

MILD does not affect activities

Imodium® OTC or Pepto Bismol®

MODERATE does affect planned activities

Imodium® OTC

SEVERE incapacitating trip disruption bloody stool/fever

Azithromycin or Cipro®

Azithromycin 500mg: 1-2 tabs by mouth with food at once (2 pills at once may cause nausea/vomiting; can split dose); if still symptomatic after 24 hrs, or fever/bloody stools are present, take 1 tab by mouth daily for two more doses.

If symptoms do not improve or worsen // // // // //

Seek care locally if severe diarrhea does not improve with antibiotics

FOOD AND WATER SAFETY

Boil it, cook it, peel it or forget it.

Eat and drink safely. Unclean food and water can cause travelers' diarrhea as well as other diseases such as hepatitis A, typhoid, and polio. Wash your hands often, especially before eating. If soap and water aren't available, use hand sanitizer.

Eat

Food that is cooked and served hot.
Hard-cooked eggs.
Fruits and vegetables you have washed in clean water or peeled yourself.
Pasteurized dairy products.

Don't Eat

Food served at room temperature.
Food from street vendors.
Raw or soft-cooked (runny) eggs.
Raw or undercooked (rare) meat or fish.
Unwashed or unpeeled raw fruit and vegetables, including salsas and chutneys.
Unpasteurized dairy products.
"Bushmeat" (monkeys, bats, or other wild game).

Drink

Bottled water that is sealed
Water that has been disinfected.
Ice made with bottled or disinfected water.
Carbonated drinks in cans and bottles (no fountain drinks)
Hot coffee or tea.
Pasteurized milk.

Don't Drink

Tap or well water.
Ice made with tap or well water.
Drinks made with tap or well water (such as reconstituted juice or fountain sodas).
Unpasteurized milk and cheeses.

Diarrhea Prevention

Pepto-Bismol® may prevent travelers' diarrhea if taken every day.

Pepto-Bismol®: 2 chewable tablets 4 times per day. Side effects: blackening of tongue and stool; may cause nausea, constipation, and rarely tinnitus (ringing in the ears).

Pepto-Bismol® should not be taken if you are allergic to aspirin or salicylate containing medications. Use with caution with blood thinners or with bleeding disorders.

Because Pepto-Bismol® can prevent absorption of doxycycline, these two drugs should not be taken at the same time.

TIP

Travel Health Insurance/Finding Medical Care Abroad

Travel health insurance should cover health care costs incurred during international travel as well as emergency assistance, including medical evacuation, security evacuation, and repatriation of remains.

If you are traveling for university related purposes (for credit, research or funded by UVA) you are required to enroll in the UVA international health and emergency assistance insurance plan through CISI. If you are not automatically enrolled for your class, you will have the option to enroll when you sign up for the UVA Travel Registry. **Sign up for the UVA Travel Registry (<https://educationabroad.virginia.edu/registration-instructions>) is required when traveling for any university related purpose.**

If you are **traveling on your own before or after a university related trip, you will not be covered by the UVA CISI plan, and will need to purchase additional insurance.** This is available through CISI at the commercial rate or you can obtain your own insurance.

If traveling for non-university purposes, then the following resources should be helpful:

<http://www.travelinsurancereview.net/>

<http://www.insuremytrip.com/>

<http://www.quotewright.com/>

<https://www.squaremouth.com/>

<http://www.insuremytrip.com/>

If you are enrolled in Aetna Student Health®, and you have an emergency while traveling at least 100 miles from your primary residence or in a foreign country, call On Call International as soon as possible by dialing 1-866-525-1956 (within the US) or 1-603-328-1956 (outside the US). On Call International can provide the travel and medical assistance services you need. For more information go online to:

<https://www.aetnastudenthealth.com/en/main/frequently-asked-questions.html>

ANIMAL RISKS & RABIES

Most animals avoid people, but they may attack if they feel threatened, are protecting their young or territory, or if they are injured or ill.

Animal bites and scratches can lead to serious diseases such as rabies.

Do not touch or feed any animals you do not know.

Do not allow animals to lick open wounds, and do not get animal saliva in your eyes or mouth.

If you wake in a room with a bat, seek medical care immediately.

Avoid live bird and poultry markets.

Avoid rodent exposure

WHAT TO DO IF YOU ARE BITTEN

Wash wound copiously with soap and water for a minimum of 15 minutes.

Apply Betadine® or other antiseptic.

Seek medical attention as soon as possible.

Rabies vaccine is always required after a possible rabies exposure, regardless of previous rabies shots.

If you have never had a rabies pre-exposure vaccine, you will need HRIG (human rabies immune globulin) and rabies vaccine as soon as possible.

If HRIG not available, travel to nearest place where it is available

If local doctors may tell you you don't need rabies vaccine or HRIG, always get a second opinion.

Insect Bites and Travelers

Bugs (including mosquitoes, ticks, and some flies) can spread diseases such as **malaria, yellow fever, zika, dengue fever, and Japanese encephalitis**, to name only a few. Many of these insect borne diseases cannot be prevented with a vaccine or medicine. You can reduce your risk by taking steps to prevent bug bites .

Malaria Prevention

If the CDC considers malaria a risk at your destination, it is always important to take malaria prophylaxis and avoid bug bites. Locals or other travelers may minimize the risk of malaria based on anecdotal information and not recommend medication. However, the risk varies from region to region and from traveler to traveler, within the same country. **Malaria is always a serious disease and may be a deadly illness.**

DID YOU KNOW

Mosquitoes that cause ZIKA and DENGUE bite DURING THE DAY.

Mosquitoes that cause MALARIA and JAPANESE ENCEPHALITIS bite AT NIGHT.

Avoiding Insect Bites

Insect repellent with at least **20% DEET or Picaridin** can protect against mosquitoes and ticks. **Recommended formulations include the long acting liposomal lotions: 3M Ultrathon®, Sawyer Ultra 30®.**

Make sure to read directions and reapply as directed to maintain effectiveness. Repellents containing a higher percentage of the active ingredient typically provide longer-lasting protection.

Regardless of what product you use, if you start to get insect bites, reapply the repellent according to the label instructions.

When using sunscreen, **apply sunscreen first and insect repellent second.**

Consider using permethrin-treated clothing and gear (such as boots, pants, socks, and tents); you can buy items already treated or can treat them yourself. Do not use permethrin directly on skin.

Cover exposed skin by wearing long-sleeved shirts, long pants, and hats.

Stay and sleep in screened or air-conditioned rooms.

Use a bed net if the area where you are sleeping is exposed to the outdoors.

To prevent tick bites, tuck in shirts, tuck pants into socks, and wear closed shoes instead of sandals.

TIPS

ENVIRONMENTAL SAFETY DURING TRAVEL

Wear protective clothing, high factor sunscreen (reapplied regularly), and insect repellent (also reapplied as directed). Always apply sunscreen before repellent. Carry a first aid kit and know how to use it (see our travel checklist) Carry an adequate supply of water and high energy snacks. Carry a flashlight for walking at night

Check shoes and clothes carefully for spiders, scorpions... Beware of coral and jellyfish; Use SafeSea® Lotion to prevent jellyfish stings. Avoid swallowing water when swimming. Untreated water can carry germs that make you sick. To prevent parasitic infections, wear shoes on beaches, where there may be animal waste. Avoid swimming or wading in freshwater to prevent schistosomiasis.

Traveling with medications

Keep medications in their original container in your carry-on luggage. Keep enough of a supply for your entire trip; take into account possible travel delays. You may need to ask your insurance company for a vacation supply of medication.

Traveling with narcotics, psychotropic medications and injectable medications/needles may cause problems at border crossings in some countries, such as Japan and United Arab Emirates. Be aware that many countries permit taking only a 30-day supply of certain medicines and require carrying a prescription or doctor's letter. Ensure that the letter is clearly labelled (preferably translated in the language understood at your destination) with your full passport name, doctor's name, generic and brand name, and exact dosage. This will facilitate border crossing and help the attending physician abroad. Check the INCB website (International Narcotics Control Board) for more information: <https://www.incb.org/incb/en/travellers/index.html>.



Travel and Mental Health

Travel can be extremely stressful. Lack of familiar support systems, unexpected situations, and language barriers can intensify stress. Travel stress can trigger or exacerbate underlying mental health problems, such as anxiety and depression. If you have a history of mental health issues, talk to your care provider to discuss if the type of travel you are planning is appropriate for you. It may not be the best time to stop or to adjust medications before your trip. Before traveling, you may need to find a mental health professional at your destination who speaks your language to ensure continuity of care.

DID YOU KNOW

Situational tolerance: drinking in a new environment can cause you to become more intoxicated than usual with the same number of drinks.

Some drinks may have a higher alcohol content than what you are used to.

PERSONAL SAFETY AND SECURITY

Use the same common sense overseas that you would at home and always stay alert and aware of your surroundings.

Keep family and friends informed of your itinerary and communicate regularly throughout the trip.

Enroll in the official US State Department Smart Traveler Enrollment Program (STEP) at <http://travel.state.gov/>

Avoid travel to areas of conflict or political unrest; avoid participating in local demonstrations.

Travel with a companion or group.

Stay in secure accommodations and use a safety deposit box.

Carry minimal amounts of money; a hidden money belt may be useful for holding passports and larger amounts of money.

Do not wear expensive watches or jewelry.

Never accept food or drink from strangers, and do not leave drinks unattended because of the risk of “spiking”.

Ensure that cars are roadworthy and can be locked securely.

Culture Shock

Culture shock is the most common type of travel stress, especially during extended travel; it can be overwhelming, but it is normal, and know that it will pass.

Talk to friends, family, or your advisor for support.

Be open-minded, patient, and flexible.

Be a Responsible Traveler

Be informed: educate yourself about a host country's lifestyles and cultural codes. Learn some basic phrases. Respect local customs: the way you dress, behavior at religious sites, public displays of affection

Avoid exploitation: travelers may be perceived as rich, so avoid obvious displays of wealth or handing out money as this may build resentment. Support the local community economically and tip generously, if acceptable. Bargain, if acceptable, but avoid aggressive bargaining, as people's livelihoods depend on sales.

Avoid and denounce exploitation of locals (low salaries, child prostitution and sex travel).

Protect the environment: reuse towels and bed sheets, avoid overuse of water, wasting food and littering.

Travelers' Thrombosis/DVT

In susceptible individuals, prolonged immobility during flying can increase the risk of blood clots in the legs, known as DVTs or traveler's thrombosis. This can be serious and occasionally life threatening, if the blood clot breaks off and travels to the lungs, causing a pulmonary embolism.

During long flights:

Wear loose clothing; avoid tight restrictive garments. Stretch and periodically exercise your feet and ankles, even while seated; pump the calves and take breaks by walking down the aisle.

Keep yourself hydrated by drinking water while minimizing alcohol and caffeinated beverages.

Consult your physician if you have a long flight and an underlying illness, such as recent surgery, cancer, blood clotting disorder or previous DVT.

Jet Lag

Crossing several time zones can lead to an abrupt change in your body clock, called jet lag. Jet lag can lead to fatigue as well as disturbances of sleep and digestion.

For short trips, try to keep to your home local time.

For longer trips, try to adapt as quickly as possible to the new time zone.

Avoid important meetings or starting your adventure soon after arrival, including renting a vehicle to drive. Staying well hydrated, avoiding alcohol, smaller meals before and during flight, and melatonin may all help with jet lag symptoms, but there is no magic cure and much research is still being done.

Women's Health

If traveling for an extended period, consider long term contraception such as an IUD or Nexplanon. Make sure you have enough contraception for your entire trip.

Consider bringing emergency contraception with you. Avoid unplanned pregnancies in areas with Zika or malaria.

Returning from areas with Zika

Women should use condoms or abstain for 2 months after returning from areas with Zika. Men should use condoms or abstain for 3 months after returning from areas with Zika.

LGBTQI Travel-related Resources

International Lesbian, Gay, Bisexual, Trans and Intersex Association: <http://ilga.org/>

Equalex (collaborative LGBT knowledge base): <http://www.equaldex.com/>

State Department LGBTQI page: <https://travel.state.gov/content/travel/en/international-travel/before-you-go/travelers-with-special-considerations/lgbti.html>

Useful Links:

Translation Cards for Food & Drug Allergies, Special Diets and Medical Needs: <http://www.selectwisely.com/>

Air Pollution Concerns:

http://www.who.int/gho/phe/outdoor_air_pollution/exposure/en/
Airvisual.com

Travel lowers inhibitions

Alcohol and drugs further lower inhibitions and increase the risk for injury and diseases, including STIs.

Limit alcohol use

Avoid drug use

Use condoms or consider abstinence

Drug use while abroad (even "soft" drugs, like marijuana) has been associated with acute psychosis in young people.

Sexually Transmitted Infections: There is a higher baseline risk of HIV in many parts of the world. There is also a greater risk for multidrug resistant infections such as gonorrhea.

Post Travel Screening & Illness

Always let your healthcare provider know about your travel history for the past year, especially if you have a fever

If you spent an extended time abroad, or worked in hospitals, clinics, homeless shelters, refugee camps, or prison, get tested for tuberculosis 10-12 weeks after your return.

If you swam or waded in freshwater, consider getting screened for schistosomiasis 3 months after exposure

Finding Medical Care Abroad

IAMAT International Association for Medical Assistance to Travelers

TIP

Another option for finding English-speaking medical care abroad is to join IAMAT (International Association for Medical Assistance to Travelers) at <http://www.iamat.org>

DID YOU KNOW

MOTOR VEHICLE CRASHES ARE THE NUMBER ONE KILLER OF HEALTHY US CITIZENS TRAVELING IN FOREIGN COUNTRIES.

SWIMMING AND DIVING INJURIES ARE THE NEXT MAJOR CAUSE OF INJURY/DEATH.

Check Messages in your HealthyHoos account (<https://www.healthyhoos.virginia.edu/hhoos/home.aspx>) for your **customized Travax Report**; this is detailed health and safety report for all the countries on your itinerary. If applicable, it will also have information about nearby hospitals, malaria and yellow fever maps, and cross cultural considerations.

Check Education in HealthyHoos for additional travel-related documents for your trip.

List of more detailed handouts available on our website

**Animal Risks/Rabies
Travel Checklist
Insect Protection
Altitude Illness**

**Travel Insurance
Marine Toxins and Bites
Water Disinfection
Diving Safety**

For text message reminders for the oral typhoid vaccine (Vivotif®): text TRAVEL to 21756 when you take your first dose

Truvada copay card for PREP/PEP: <https://www.gileadadvancingaccess.com/copay-coupon-card>

Sign up for the UVA Travel Registry (<https://educationabroad.virginia.edu/registration-instructions>) is required when traveling for any university related purpose.