

Preparing for your travel clinic appointment

Schedule an appointment at the travel clinic for at least eight weeks before the date of your trip abroad.

What documents should you bring?

In addition to bringing the following documents, be sure to notify the travel clinic provider if any traveler or immediate family member is immunocompromised (because of an organ transplant, steroids, etc.), pregnant, planning to become pregnant, breast feeding, or taking antibiotics.

- ✓ Vaccine records for all travelers
- ✓ Exact location and dates of travel
- ✓ List of current and recent medications, including dosages, taken by all travelers
- ✓ List of allergies, if any, for all travelers
- ✓ Summary of medical histories of all travelers, including any previous surgery

What questions should you ask?

Here are some suggested questions. Others will likely arise out of your family's individual concerns and circumstances.

- ✓ Are there current outbreaks of disease or other health concerns at our destination?
- ✓ Where is the nearest reliable source of health care?
- ✓ Is there someone at the travel clinic whom we can call if we have a problem?
- ✓ Is it safe to swim in the water at our destination?
- ✓ What kinds of diseases are carried by mosquitoes and other insects at our destination? At what time of day are those insects most likely to bite?
- ✓ What is the expected duration of protection for the vaccines that we are getting?
- ✓ Will we need boosters? Should we obtain the booster immunization before we travel or when we return?
- ✓ Is it safe for our child to eat a favorite food at our destination? Is there a way to make it safe?
- ✓ Can we eat fruits and vegetables at our hotel?
- ✓ Are there specific foods we should avoid at our destination?