International Travel Checklist

☐ Request an appointment for your travel consultation at least 6-8 weeks prior to departure.

☐ Submit a complete itinerary with your travel consultation request form. This needs to include all countries in the order of visit and any flight layovers regardless of length of stop. Include your most up to date immunization record.

☐ Discuss with the UNI Student Health Clinic staff any health concerns that may affect your trip.

☐ Review health and safety information contained in your post consultation email.

☐ Keep your “yellow international vaccination card” in a safe place, i.e. with your passport.

☐ Mark your calendar with dates of when to start anti-malaria and/or oral typhoid medications, if applicable.

☐ If you are on prescription medication(s) or over-the-counter medication(s) check the U.S. Department of State website (http://travel.state.gov) for information related to bringing that medication into the country of destination. Obtain any needed letters or prescription copies from your healthcare provider.

☐ Those with ongoing health issues should see their primary care provider or specialist before departure.

☐ Have prescriptions medications filled prior to departure to ensure you have enough for the duration of your stay.

☐ Contact your health insurance company before you leave to determine whether your health insurance will cover you internationally and/or sign up for travel health/medical evacuation insurance, depending on destination.

☐ Watch the video from the Centers for Disease Control and Prevention “Way to Go: Passport to Health” http://www.cdc.gov/CDCTV/PassportToHealth/

☐ Watch the video from the Centers for Disease Control and Prevention “Way to Go: Many Healthy Returns” http://www.cdc.gov/CDCTV/ManyHealthyReturns/

☐ Upon returning from your travels for up to one year, if you have a fever or flu like illness, or have been injured during your trip, seek medical attention and tell your health care provider where you have been.