International Travel Checklist

☐ Make an appointment for your travel consultation at least 8-12 weeks prior to departure.
☐ Bring a copy of your complete itinerary to your travel consultation. This needs to include all countries in the order of visit and any flight layovers regardless of length of stop.
☐ Discuss with the UNI Student Health Clinic staff any health concerns that may affect your trip.
☐ 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, to your travel.
☐ 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.
☐ 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.
☐ 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, if you are not feeling well, experience any unusual symptoms (fever, rash, cough, diarrhea, vomiting, etc.), or have been injured during your trip, seek medical attention and tell your health care provider where you have been.
☐ If you become sick with symptoms such as fever, chills, sweats, headaches, nausea, vomiting, body aches, malaise, etc. upon returning from malaria-risk areas, promptly seek medical treatment.