

HEALTHY TRAVEL CHECKLIST

BEFORE YOUR TRIP

- ✓ Download the **Travel Healthy** app. This app offers tools to keep you organized during international travel, including a malaria medication reminder.
- ✓ Consider purchasing travel medical insurance and joining the Smart Traveler Enrollment Program: <https://step.state.gov/step/>

Download for iOS



Download for Android



DURING YOUR TRIP



Take Your Medications

- ✓ Take all the medicines you normally take at home.
- ✓ Take your anti-malarial medication (if prescribed). All anti-malarial medications start BEFORE your trip and continue AFTER you return. Name of anti-malarial prescribed at your visit:
 - Atovaquone-proguanil
 - Mefloquine
 - Chloroquine
 - Doxycycline
 - None



Protect Yourself from Bug and Animal Bites

- ✓ Avoid bug bites; use EPA-registered insect repellent (DEET, picaridin, oil of lemon eucalyptus).
- ✓ Cover exposed skin; wear permethrin treated long-sleeved shirts, pants, and closed shoes.
- ✓ Do not touch animals you don't know, even if they look safe.
 - Seek immediate medical attention if you are bitten or scratched by an animal.



Eat and Drink Carefully

- ✓ Drink bottled, sealed beverages only, and avoid ice.
- ✓ Eat food that is fully cooked and served steaming hot.
- ✓ Wash your hands often using soap and water or alcohol-based hand sanitizer.
- ✓ If you have diarrhea, try over the counter medication first: _____
 - If you have diarrhea with blood or fever, take your antibiotic and seek medical care.
 - Name of antibiotic prescribed at your visit (if any): _____



Be Safe on the Road

- ✓ Always wear a seat belt.
- ✓ Look for oncoming traffic in BOTH directions.
- ✓ Wear a helmet when you ride a bicycle or motorcycle.
- ✓ Avoid overcrowded buses and cars.
- ✓ Avoid driving at night on unfamiliar roads.

AFTER YOUR TRIP

- ✓ Seek medical attention if you develop a fever during or after your trip. Tell your doctor where you traveled.

Doctor's Notes: _____