

**Patient Information:**

**Travel**  
**From A Health Perspective**

- ◆ **Travel Preparation**
- ◆ **Insect Protection**
- ◆ **Swimming**
- ◆ **Be A Responsible Traveler**
- ◆ **Additional Resources**

**PRIOR TO TRAVEL**

Check the CDC website as soon as you know your destination(s) to determine what vaccines you will need to get. (web addresses are listed at the end.) **DO NOT** wait until right before you leave as immunizations require time before they are effective. Some medications, such as the anti-malarials, must be started several days or weeks before your trip. Have your health care provider mark the item(s) that you will need within the worksheets included on the subsequent pages.

Vaccines (the checked ones are the ones you will need)	Type/Dose	Booster
<input type="checkbox"/> Hepatitis A	<input type="checkbox"/> one dose (give at least 2 weeks prior to travel)	<input type="checkbox"/> 6 months
<input type="checkbox"/> Hepatitis B	<input type="checkbox"/> day 0 <input type="checkbox"/> 1 mo <input type="checkbox"/> 6 mo (last dose 2-4 weeks before travel)	none
<input type="checkbox"/> Typhoid	<input type="checkbox"/> IM one dose <input type="checkbox"/> oral <ul style="list-style-type: none"> <li><input type="checkbox"/> day 0</li> <li><input type="checkbox"/> day 2</li> <li><input type="checkbox"/> day 4</li> <li><input type="checkbox"/> day 6 (to complete 4 doses in one week)</li> </ul>	<input type="checkbox"/> 2 years <input type="checkbox"/> 5 years
<input type="checkbox"/> Yellow Fever	<input type="checkbox"/> one dose	<input type="checkbox"/> 10 years
<input type="checkbox"/> Meningococcal	<input type="checkbox"/> one dose (menactra)	<input type="checkbox"/> 5 yrs if initial vaccine "menomune" before 2005
<input type="checkbox"/> Polio(oral)	<input type="checkbox"/> one dose	
<input type="checkbox"/> Rabies	<input type="checkbox"/> day 0 <input type="checkbox"/> day 7 <input type="checkbox"/> day 28	<input type="checkbox"/> 2 years if antibody level low
<input type="checkbox"/> Tetanus (Tdap)	one dose	<input type="checkbox"/> 10 years
<input type="checkbox"/> Japanese Encephalitis	<input type="checkbox"/> day 0 <input type="checkbox"/> day 7 <input type="checkbox"/> day 30	1 year
<input type="checkbox"/> Malaria	only if no initial series	none
Testing Type		
<input type="checkbox"/> PPD	Discuss with healthcare provider. Usually PPD (TB testing) is done prior to working for extended period of time in high risk for TB areas and conditions, and then repeated 2-3 months after return.	

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Anti-Malarials (the checked one is the one you need)	Type/Dose
<input type="checkbox"/> Malarone (atovaquone/proguanil)	<input type="checkbox"/> Begin 1-2 days before travel <input type="checkbox"/> Take daily at the same time each day while there <input type="checkbox"/> Continue for 1 week after return home.
<input type="checkbox"/> Aralen (chloroquine)	<input type="checkbox"/> Begin 1-2 weeks before travel; take weekly on the same day of the week while in area <input type="checkbox"/> Continue for 4 weeks after return home. (available SHC pharmacy at an additional cost). <i>May exacerbate psoriasis.</i>
<input type="checkbox"/> Doxycycline 100 mg daily (for areas with chloroquine or mefloquine-resistant)	<input type="checkbox"/> Begin 1-2 days before travel to area <input type="checkbox"/> Take daily at the same time each day while there <input type="checkbox"/> Continue for 4 weeks after leaving such areas. <i>Causes photosensitivity (increase risk of sunburn.)</i>
<input type="checkbox"/> Lariam (mefloquine)	<input type="checkbox"/> Begin 1-2 wks before travel <input type="checkbox"/> Take weekly on the same day of the week while in area <input type="checkbox"/> Continue for 4 weeks after leaving such areas. <i>Not recommended if you have depression or a history of depression, generalized anxiety disorder, psychosis, schizophrenia, seizures, some cardiac conduction abnormalities. May cause nightmares.</i>

Traveler's Diarrhea Medications:	Dose	Symptoms
<input type="checkbox"/> Immodium (loperamide)	The standard dose is 2 capsules, followed by 1 capsule after each loose stool, not more than 8 caps/24 hrs.	Take for loose stools or mild diarrhea (2-4 watery stools/day.)
<input type="checkbox"/> Cipro	500 mg twice/day for 3 days	Take if more than 4 stools/day, severe cramping, fever, vomiting, or if immodium or other conservative treatment fails in 24-48 hours.
<input type="checkbox"/> Azithromycin (zithromax) for Thailand and Nepal (Cipro resistance)	500 mg single dose	Take if more than 4 stools/day, severe cramping, fever, vomiting, or if immodium or other conservative treatment fails in 24-48 hours.
<input type="checkbox"/> Pepto-bismol.	Take 2 chewable tablets or 1oz liquid every 30 minutes for 8 doses. Avoid if allergic to aspirin, are taking anticoagulants or methotrexate, or you have renal insufficiency (kidney problems.) May cause blackened tongue and/or stools. Not as effective as the immodium.	Take for loose stools or mild diarrhea (2-4 watery stools/day.)

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### INSECT PROTECTION

Protection is very important as some diseases that are transmitted by insects have no treatment other than to treat the symptoms. Insects can transmit life-threatening diseases such as malaria, dengue fever, leishmaniasis, tick-borne illnesses. Daytime biting mosquitoes transmit dengue and chikungunya viruses. Dengue fever is increasing in incidence all over the world; chikungunya is mostly present in India and SE Asia.

Twilight biting mosquitoes transmit malaria. Sandflies transmit leishmaniasis.

- ◆ DEET - Recommended: 50%. You must reapply it every 3-4 hours (see instructions on package.) Apply all day and up until bed, just on exposed areas of skin. Wash off before bed. You can use DEET and sunscreen together: apply the sunscreen first, allow to dry; then apply the DEET. The combination products available are not recommended. Also, DEET can affect the SPF of the sunscreen. DEET products in the grocery store or pharmacy only have about 25%; good for home/backyard use but not for travel-related protection. Purchase at sports stores or Walmart hunting section (brands available: Repel Sportsman Max, Off Deepwoods/ Sports 30-100%,)
- ◆ Permethrin - containing repellents (approved by EPA): Apply to clothing, shoes, tents, mosquito nets. Don't apply to skin. Permethrin-treated clothing available in sports stores/travel catalogues are usually good for up to 5 washings. If you treat your own clothing, protection lasts for up to 2 weeks and through several washings before re-treatment is required. You still need to use the DEET protection for exposed skin.
- ◆ Tuck mosquito nets in up under mattress (for areas of the world of higher malaria risk.)
- ◆ Wear long sleeved shirts tucked into long pants. If in area with ticks and sandfleas, do not wear sandals; and tuck pants into socks. It is better to experience some discomfort with this rather getting the diseases.
- ◆ Wear light-colored clothing so you can see ticks.

### WATER

#### Boil It, Cook It, Peel It, or Forget It!

- ◆ Drink bottled water only. Check cap to make sure it has original seal. In some countries, bottles are reused and filled with unsafe water.
- ◆ Use bottled water for brushing teeth and do not swallow any shower water.
- ◆ Consider all ice contaminated.

- ◆ Dry off any water standing on top of canned drinks.
- ◆ Avoid fruit juices and salads.
- ◆ Peel fruits yourself.
- ◆ Wash hands with bottled or treated water and soap before eating anything if in areas where hygiene and sanitation are inadequate. Or use hand gel with more than 60% alcohol.
- ◆ Only eat food that is freshly cooked and served piping hot. Risky foods: raw or undercooked meat/seafood, raw fruits/vegetables, street vendors, buffets, eggs even if cooked.
- ◆ See CDC travel website for detailed recommendations on how to purify water.
- ◆ Water is water, whether staying at a resort, hostel or camping, depending on the destination.

### SWIMMING

- ◆ Avoid swimming in freshwater lakes/streams/ponds (leishmaniasis.)
  - ◆ Chlorinated pools are okay only if you are certain that chlorine levels and disinfectants are properly maintained-best to avoid. Do not swallow pool water as some organisms are moderately to highly to chlorine, such as giardia. Hepatitis A, and cryptosporidium.
- Do not swim at marine beaches near storm drains or if area is possibly contaminated by cattle/sheep/dog urine or if you have any open cuts or abrasions.

### BE A RESPONSIBLE TRAVELER

- ◆ Be open-minded and patient. In many places, banks and stores do not open on time, and local transportation doesn't run on a schedule. Expect delays. In some areas you may not have electricity all the time. Pack your sense of humor!
- ◆ Be respectful. You are visiting their country and learning about their lifestyle and culture. Enjoy the differences. Show local people gratitude and respect.
- ◆ You are a representative of your country; leave a good impression.
- ◆ Respect the more conservative dress of many countries.
- ◆ Do not take photos of people unless you ask them first.

Minimize the use of their resources. If you are staying in hotels, don't expect clean linens every day. If water is scarce, limit your bathing and don't just let the water run

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while soaping your body/hair.

### **SCHIFFERT HEALTH CENTER**

**Allergy/Immunization Clinic: 231-7621**

Appointment needed for vaccines. We do not have yellow fever, MMR, or Japanese encephalitis.

**Medical Clinic: 231-6444**

Practitioners write many of the prescriptions needed and can help you determine what you need to get. Look up the country of destination on the CDC travel website before your appointment.

### **MONTGOMERY COUNTY HEALTH DEPARTMENT**

**381-7100**

Call to check what days travel clinics are held. Expect to wait at peak travel times (before winter break and April/

May). Yellow Fever available. (not at SHC.) They do not currently have anyone to write the prescriptions for anti-malarials and the oral typhoid.

### **WEBSITES**

Center for Disease Control travel website:

<http://wwwn.cdc.gov/travel>

CDC website, for specific groups: College Students and Young Adults:

<http://www.cdc.gov/vaccines/Spec-grps/college.htm>

World Health Organization:

<http://www.who>

U.S.State Department:

<http://travel.state.gov> (travel warnings)