Before you go, protect yourself:

☐ If traveling internationally, visit the CDC’s travel website wwwnc.cdc.gov/travel/ for continually updated information regarding international health notices, immunization requirements, and recommendations specific to travel destinations.

☐ Ideally, you should allow at least 4 to 6 weeks before you travel abroad to schedule an appointment with your doctor or at the Student Health Center (SHC) for a travel consult. If you have not done so and are planning to travel during the semester break, schedule your appointment as soon as possible. Providers can assist you with immunization and prophylaxis medication recommendations for specific destinations. Some of these immunizations may be available at the SHC. Influenza vaccine is available to students at no charge at the SHC.

☐ Make sure you pack enough of your prescription medications to last your trip.

☐ Keep the H2O flowing. Good hydration is always important, but even more so when you travel. Air travel is particularly dehydrating. In developing countries, always make sure you’re drinking bottled water for safety’s sake.

☐ Pack a small bottle of hand sanitizer for your trip.

Pay attention to your health when you come home:

☐ If you are not feeling well, seek medical care and mention that you have recently traveled abroad. Seek care immediately if you develop flu-like illness or fever if it has been less than 4 weeks since you traveled abroad. Letting your primary care clinician know where you traveled will improve the diagnosis of your illness. The risk of contracting malaria, tuberculosis or Ebola, for example, is different depending on where you have traveled.