

HSE Global Health & Medical

International Travel Health Checklist

Staying healthy during international travel requires additional planning and preparation. Use this checklist to make sure you're equipped to handle health issues that may arise during travel.

Pre-travel Actions

- Visit the [Intl.SOS website](#) and use the country drop-down lists to understand health risks at your destination(s).
- Download the [Intl.SOS app](#) (member# ICPA984) and print a [wallet card](#) to carry with you.
- See a travel medicine provider (find one by contacting [Intl.SOS](#) or searching at [istm.org](#) or [tripprep.com/providers](#)) to determine what travel immunizations or medications (e.g., for malaria prevention) are required for your destination(s) and re-entry into your departure country.
Travel-required medical services—including this travel medical consultation, immunizations, or malaria prophylaxis and supplies—can be expensed according to your business policy.

Important Travel Health Tips

No one wants to become ill during travel. You have a much greater chance of staying healthy if you:

- Have had a **physical and dental exam** within the past 12 months and your [routine vaccines](#) are up to date.
- Practice a healthy lifestyle with **regular exercise and healthy eating**.
- Are sure any **chronic medical conditions** are stable.
- Don't travel with an **acute infectious disease**.
- Pack all **medications in your carry-on bag** in case your checked luggage becomes lost.
- Carry a supply of **prescription medications** to cover the length of your trip PLUS at least a week, in case return travel is disrupted.
- Create and carry a [travel health bag](#) with basic over-the-counter medications.

During Your Trip

Take basic precautions for food, water, and insect-borne diseases while you are traveling:

- Eat food that is well-cooked and served steaming hot; fruits that you can peel yourself.
- Drink commercially distributed products.
- Avoid street vendors, uncooked vegetables, undercooked meats/fish, unpasteurized dairy, and tap water.
- Avoid insect-borne diseases (primarily mosquitoes) by:
 - Always using personal protective measures: bed nets, insect repellent, insecticide for your clothing, clothing that covers most of your body, windows screens, knock-down insect spray, air-conditioned rooms, avoiding being out at dusk.
 - As needed, getting vaccinated and taking anti-malaria medication.
- If you encounter medical or security issues while traveling outside your home country, contact [Intl.SOS](#). Services range from telephonic advice to medical treatment assistance, including coordination of medical evacuation, if necessary.

Questions? Contact [Anne Bentley](#), RN, Baker Hughes Global Occupational Health Program Leader.