Doctor Discussion Guide

WHAT TO BRING WITH YOU:

- Your travel itinerary (countries and length of stay)
- Dates or knowledge of past required immunizations such as measles, mumps, diphtheria, etc.
- List of medications, vitamins, and/or supplements that you’re taking or have taken in the last 3 months

Experts recommend meeting with your doctor about 6 weeks before you travel.

BE READY TO DISCUSS:

WHERE YOU’LL BE STAYING (For instance, a hotel versus camping or staying with friends or family.)

PLANNED ACTIVITIES (Such as hiking, sightseeing, visiting family or friends.)

TRAVEL EATING/DRINKING HABITS (Like to sample and/or buy foods at local markets, or eat at homes of friends/family?)

INTERNATIONAL TRAVEL HISTORY (Previous destinations and dates)

YOUR MEDICAL HISTORY AND CURRENT HEALTH STATUS (Illnesses, surgeries, chronic health problems or medical conditions)

<table>
<thead>
<tr>
<th>VACCINE NAME</th>
<th>DATE</th>
<th>DOSAGE COMPLETED?</th>
<th>ALLERGIC REACTIONS</th>
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</tbody>
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QUESTIONS TO ASK:

- What diseases am I at risk for?
- What options do I have to protect my health?
- How long before I leave should I begin my travel protection plan?
- Should I bring any medications with me?
- Are there any additional guidelines I can follow to help protect my health while traveling?

Print this out and use the reverse side to take notes.

Sources:

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