

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)*

VACCINE NAME	DATE	DOSAGE COMPLETED?		ALLERGIC REACTIONS
_____	_____	<input type="checkbox"/> YES	<input type="checkbox"/> NO	_____
_____	_____	<input type="checkbox"/> YES	<input type="checkbox"/> NO	_____
_____	_____	<input type="checkbox"/> YES	<input type="checkbox"/> NO	_____

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:

U.S. Department of Health and Human Services website. https://www.vaccines.gov/who_and_when/travel. Centers for Disease Control and Prevention website. <https://wwwnc.cdc.gov/travel/page/preparing-for-appointment>.

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