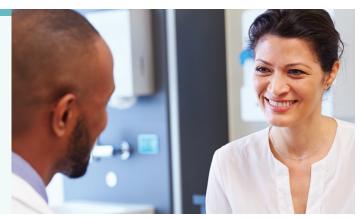
Doctor Discussion Guide



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
		YES NO	
		YES NO	
		YES 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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