



Travel Guard® Travel Health Tips



Travelers should consult a medical provider at least four to six weeks before departing on a journey internationally. The consultation will determine the need for any vaccinations and/or anti-malarial medication, as well as any other medical items that the traveler may require. It is also worth inquiring whether it is necessary or advisable to get a dental check-up. This is particularly important for people with chronic or recurrent dental problems.

Medical Travel Kit

If carrying medications, it is advisable to carry a doctor's official letter explaining what the substance is and what it is used for. Prescription medications should be carried in their original labeled pharmacy containers. Many custom officials will need this information before they allow you to take the medication into the country.

Below are some useful items that you may wish to include in a travel medical kit:

- Bandages, sterile dressings, gauze, tweezers, digital thermometer
- Alcohol-based hand sanitizer or hand wipes
- Aloe gel for sunburns
- Insect repellent
- Sunscreen
- Water purification tablets
- Medicine for pain or fever (Aspirin or paracetamol)
- Cold and flu tablets and throat lozenges
- Antihistamine
- Antibiotics (A prescription should be carried with you)
- Anti-diarrheal medications such as bismuth subsalicylate (Pepto-bismol®, Bismatrol®, or Kaopectate®) or loperamide hydrochloride (Imodium®) for diarrhea.
- Motion sickness medicines such as dimenhydrinate (Dramamine®) or meclizine (Bonine®) may help calm a queasy stomach. For longer journeys, such as a cruise, a doctor can prescribe patches for motion sickness patches, such as scopolamine (Transderm Scop®).
- Electrolyte powder packets for treatment of severe diarrhea. This is particularly important when traveling with children.
- Antiseptic cream

Medical Examination Post Travel

Travelers should have a medical examination after returning from a journey if they:

- Suffer from a chronic disease such as cardiovascular disease, diabetes mellitus or chronic respiratory disease.
- Experience persistent illness after returning home including fever, persistent diarrhea, vomiting, jaundice, urinary disorders or skin disease.
- Were knowingly exposed to a serious infectious disease while traveling.
- Have spent more than three months in a developing country.

Travelers should provide medical personnel with information on recent travel, including destinations and the duration of stay. Frequent travelers should give details of all journeys that have taken place in the previous weeks and months.

Resources

- [Centers for Disease Control \(CDC\)](#)
- [World Health Organization \(WHO\)](#)

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