

THINGS YOU SHOULD KNOW ABOUT TRAVEL-RELATED DISEASES

In the Clinic
Annals of Internal Medicine

What measures will help prevent travel-related diseases?

- Learn about your destination, including the health risks related to your trip.
- Visit your doctor or a travel medicine specialist, ideally 4 to 6 weeks before departing.
- Talk your doctor about how to protect yourself from illness and injury while traveling.
- Take vaccines if any are recommended or required.
- If you are visiting a malaria-risk area, be sure to continue taking your antimalarial drug for 4 weeks (doxycycline or mefloquine) or 7 days (atovaquone/proguanil) after leaving the risk area.
- Remember to pack all regular prescription medications, plus any recommended medications, insect repellants, and other supplies.
- While traveling, try not to take risks with your health and safety.
- Be careful about food and water, and wash your hands often with soap and water.

What symptoms or signs should prompt medical evaluation during travel?

- Diarrhea and a fever above 102° F.
- Bloody diarrhea.
- Fever or flu-like illness if you are visiting a malaria-risk area.
- An animal bite or scratch.
- Serious injury or car accident or sexual assault.
- If you think you may need emergency assistance, contact the local U.S. Embassy or Consulate (888-407-4747 if calling from

the U.S. or Canada; 00 1 202-501-4444 if calling from overseas; or visit www.usembassy.gov)

What symptoms or signs should prompt medical evaluation after returning home?

- Fever.
- Persistent gastrointestinal illness (diarrhea, stomach cramps, nausea).
- Symptoms of respiratory infection (sinus congestion, sore throat, cough, shortness of breath).
- Skin lesions or rashes.
- Your doctor may order laboratory tests or x-rays depending on your signs and symptoms.
- If you do not feel well after a trip, see a doctor and mention that you have recently traveled.
- If you develop a fever or flu-like illness for up to 1 year after you return home from a malaria-risk area, it is especially important to tell your doctor your travel history.



For More Information

wwwnc.cdc.gov/travel/destinations/list.htm

Select a destination on this map to get travel health information for that location from the Centers for Disease Control and Prevention.

<http://gten.travel/>

A simple Web tool that tells you what vaccines and pills you may need based on your destination.

wwwnc.cdc.gov/travel/yellowbook/2012/chapter-2-the-pre-travel-consultation/travel-health-kits.htm

Information on assembling a travel health kit from the Centers for Disease Control and Prevention.

<http://familydoctor.org/online/famdocen/home/healthy/travel/384.html> (English)

<http://familydoctor.org/online/famdoces/home/healthy/travel/384.html> (Spanish)

Information on how to prevent malaria, from the American Academy of Family Physicians, in English and Spanish.

Acknowledgments

ACP
AMERICAN COLLEGE OF PHYSICIANS
INTERNAL MEDICINE | Doctors for Adults®

This work was supported by funding from the US Centers for Disease Control and Prevention (U19CI000514 and U01CK000175). The findings and conclusions in this report are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention. We thank Emily Jentes for helpful review of the manuscript.