

THINGS YOU SHOULD KNOW ABOUT TRAVEL-RELATED DISEASES

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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 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

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