



## 1. Health Conditions

Before you travel, consider whether your destination, climate, altitude, travel duration, or work activities could affect any existing health condition.

If you answer YES to any question below, contact Occupational Health before travel.

- Do you currently have a heart or cardiovascular condition?
- Do you have a respiratory condition such as asthma?
- Do you have diabetes?
- Do you have a seizure disorder?
- Have you ever had a blood clot, DVT, or clotting disorder?
- Do you have severe allergies or a history of anaphylaxis?
- Are you immunocompromised?
- Do you have difficulty tolerating heat?
- Do you have a mobility limitation that may affect travel?
- Have you had recent surgery or dental surgery, a significant injury, or are you currently pregnant?
- Do you have any other medical condition that may affect your ability to travel safely?

## 2. Medications & Allergies

Before you travel, make sure you have enough medication for the entire trip, plus extra in case of delays. Check whether your medication requires refrigeration, special storage, or documentation for customs.

If you answer YES to any question below, contact Occupational Health before travel.

- Do you take prescription medication?
- Do you have medication or food allergies?
- Will your medication require refrigeration or special storage during travel?
- Do you need advice about carrying an adequate medication supply for your trip?



### 3. Vaccination & Infectious Disease

Before you travel, check whether your destination has specific vaccination requirements or recommendations, including malaria prevention measures.

If you answer NO or UNSURE to any of the questions below, please contact Occupational Health before you travel.

- Is your tetanus vaccination current?
- Is your hepatitis A vaccination current?
- Is your hepatitis B vaccination current?
- Is your influenza (flu) vaccination current?
- Is your COVID-19 vaccination current?
- Will you be travelling to an area where malaria is present or unsure whether malaria is present in your destination?
- Have you had malaria before?

Occupational Health will review your travel plans and provide advice on fitness for travel, medications, and any work-related health risks.

#### General Travel Health Considerations

Before you travel, consider the following:

- Review destination-specific health risks and travel advisories.
- Plan for heat, sun, hydration, food, and water safety.
- Pack a basic travel first aid kit.
- Know how to access emergency medical care at your destination.
- Carry emergency contact information and travel insurance details.
- Ensure you have sufficient prescription medication for the full duration of travel.
- Review any fieldwork, laboratory, animal contact, or hazardous material risks associated with your work activities.

Check the CDC Travelers' Health website for your destination: <https://wwwnc.cdc.gov/travel>

#### Travel Health Resources

[Travel Health](#)

[Zoonotic Disease Management Guidance](#)