

International Travel

Patient Name: _____

Date of birth: _____

Let's Talk About YOU and your TRIP

The first step towards healthy travel is to share information. We need to know about you AND your trip. With this information, we can determine what your personal risks may be and what recommendations are best for you. This is known as "risk assessment".

Your Health:

Be sure to answer honestly and completely the questions about your health history and how you feel now. Often things you might not think are significant may matter to us. Please indicate if you have a history of or current problem relating to any of the following. If you answer "yes" by checking the box, please describe.

Heart disease

Kidney disease

Lung disease

Diabetes

Allergies
 Eggs
 Bees
 Medications: _____

Other: _____

Stomach/Gastrointestinal disease

Immunocompromised
 Spleen removed
 Transplant recipients
 Cancer/chemotherapy
 Cirrhosis of the liver
 HIV

Mental Health
 Depression Hospitalized for:

Surgery in the last 5 years

(date)

(date)

Have you ever fainted after a shot?
 Please list ANY medications you take either regularly or occasionally:

For Women Only:

Pregnancy (due date)

 Plan to become pregnant in next 3 months
 Breastfeeding (age of baby)

 History of Vaginitis

 Problems with urinary tract infections

 Contraceptive measures

Your travel personality:

Are you a risk-taker?
 Adventure seeker?
 A little on the cautious side?
 Like to eat exotic food?

Dates of your Trip:

* When do you leave?

* Is it possible this date may change and you'll leave sooner, or later?

Yes/When: _____

* How long is your trip (in days/months)?

* What season will it be at your destination?

* Where are you going and how long will you stay in each area?

Why are you traveling:

- Leisure
- Adventure
- Business
- Visiting friends and/or relatives
- Military
- Airline Crew
- Expedition
- For a long time...or living abroad
- International adoption
- Missionary
- Research
- Other _____

Your plans include:

Have you planned (or will plan) specific activities in each country?

- Excursions or side trips?
- Safari
- A trip to the beach
- Scuba diving/snorkeling
- Biking
- Hiking
- Rafting
- Sporting Events
- Do you have any nighttime plans? _____

Getting from point A to point B:

What is your planned "mode" of transportation once you arrive?

Do you plan on renting a car for side trips?

Will you ride a motorcycle or scooter?

Notes:
