

TRAVEL IMMUNIZATION REQUIREMENTS

ROUTINE

- Tetanus/diphtheria every 10 years
- Polio every 10 years
- Pneumovax every 10 years
- Hepatitis A
- Hepatitis B
- Influenza yearly

THE ZIP-LOC MEDICAL BAG

- Lomotil or Imodium
- Aspirin/Tylenol
- Tylenol with Codeine
- Benadryl or Atarax
- Meclizine
- Diamox (altitude)
- Antacid Tablets (Tums)
- Pepto-Bismol
- Preparation H
- Ibuprofen (Motrin/Advil)
- Afrin nose spray
- Claritin-D
- Neosporin Opth. Solution
- Ciprofloxin
- Anti-emetic Suppositories (Tigan)
- AnaKit/epineph.
- Medical Evacuation Insurance

THE ZIP-LOC TRAUMA KIT

- Alcohol
- Hydrogen Peroxide
- Band-aids
- Extra Large Band-aids
- 4 x 4s
- Polysporin
- Ace Bandage 3"
- Tegaderm
- SteriStrips
- Tape
- Moleskin

SENIORS: DON'T FORGET

- Physician's letter stating medical diagnoses and list of medications, dosages and frequencies

- Carry medications in two places

ACCESS TO CURRENT INFORMATION

- United States Center for Disease Control www.cdc.gov
- World Health Organization www.who.gov
- United States State Department www.state.gov/travel_warnings.html
- C.I.A. World Fact Book www.odci.gov

TRAVEL MEDICAL CLINICS

- International Society of Travel Medicine www.istm.org Doctor List
- UCLA Claire Panosian, M.D. www.cpanosian@mednet.ucla.edu
- Loma Linda School of Medicine International Travel Clinic 909-824-4594

OTHER TRAVEL HEALTH PROBLEMS

- Altitude Sickness over 7,500 ft. Diamox www.princeton.edu/~oa/altitude.html
- Jet Lag www.nojetlag.com Melatonin?
- Flight Immobility: Hourly exercise. Walk
- Auto/Pedestrian Accidents: Seat Belts/ Look both ways before crossing

TO AVOID GETTING SICK

- Don't eat from a street food vendor
- Don't drink beverages with ice unless ice is purified
- No non-pasteurized dairy products
- Don't handle animals
- Don't swim in fresh water
- Take malaria medication if advised
- Wear long sleeves and long pants at dusk
- Bathe before dusk

RULES FOR A HEALTHY TRAVELER

- Wash hands often with soap and water or use alcohol gel (Purell)
- Only bottled or boiled water, tea or coffee
- Thoroughly cooked food. **BOIL IT, COOK IT, PEEL IT OR FORGET IT**
- Protect from insects. DEET / Flying insect Spray