

Safe Travel Checklist



Before your trip:

- Know your destination's health and safety requirements and recommendations.**
 - Know if vaccinations or test results, such as COVID-19, are needed before entering your travel destination. Give yourself plenty of time as some vaccines may be required to be received more than one month before you arrive.
 - Visit wwwnc.cdc.gov/travel/destinations/list and enter your destination or check directly with your destination to learn about entry and exit requirements.
- Make an appointment with a doctor at least six to eight weeks before you travel.** For most people, one month in advance is adequate. However, people with specific medical needs or conditions may need more time. While at your appointment:
 - Ask the doctor for advice specific to your travel destination. You may be recommended to get certain vaccines or take other steps to avoid illnesses that are common in your destination.
 - Discuss your personal medical history, medications you currently take, and any activities you have planned during your trip.
- Take medications as prescribed by a doctor.**
 - Don't forget to pack and, when needed, take medicine prescribed by your doctor (for example, antimalarial or travelers' diarrhea medicine). If you regularly take medications, be sure to bring extra in case you experience travel delays.
 - Visit wwwnc.cdc.gov/travel/page/travel-abroad-with-medicine to make sure your medication is permitted in your travel destination. You may need "doctors note" to travel with certain medications. Be certain to store medications in the original containers.
- Get travel insurance if it is an option for you.** Does your health insurance cover medical care abroad? If not, you may be responsible for out-of-pocket costs. Consider buying additional insurance that covers health care and emergency evacuation.
- Plan ahead and prepare for emergencies.**
 - Check with your cell phone provider to make sure your phone will work in your destination.
 - Have cash on hand when you arrive at your destination for incidentals and emergencies.
 - Know the currency exchange rate and limit debit card use to secure locations, such as ATMs and banks. Be sure to notify your credit card company of your travel plans.
 - Make sure someone at home knows how to reach you or the local U.S. embassy in the event of an emergency.
 - Consider bringing electronic and paper copies of important documents (such as passport, travel documents, health insurance card, and proof of required vaccinations).
- Pack travel essentials.** Pack items that may be difficult to find at your destination such as:

✓ Prescriptions (including insulin, inhalers, and EpiPens if needed)	✓ Water disinfection tablets	✓ Insect repellent
✓ Over-the-counter medicines (such as pain reliever or motion sickness medicine)	✓ Extra glasses/contacts	✓ Sunscreen
	✓ Hand sanitizer	✓ Condoms
- Consider signing up for Smart Traveler Enrollment Program (STEP), by visiting step.state.gov/step.**
 - STEP is a free service that provides important up-to-date information from the Embassy about safety conditions. They will also provide assistance in emergency situations (natural disaster or civil unrest).

During your trip:



Take steps to protect yourself and others against germs.

- Wash your hands or use hand sanitizer frequently.
- Avoid being around people who are sick.
- Consider wearing a mask or respirator while you travel, especially if you are at higher risk for severe COVID-19 illness.
- If you get sick, stay at your destination until you recover, unless you need medical care.

Stay safe on the go.

- Always wear your seat belt when riding in a vehicle.
- Wear a helmet when riding a bike or motorcycle.
- Avoid riding on overcrowded buses and cars.
- Avoid using unmarked taxis.

Prevent bug bites. Bites from mosquitos, ticks, fleas, and flies can make you sick. Continue taking anti-malarial medication if prescribed and take other steps to prevent illnesses caused by bugs.

- Use insect repellent.
- Wear long-sleeved shirts and long pants when outdoors.
- Complete tick checks every night.

Eat safer food and drinks. Contaminated food and drinks can cause diarrhea and other illnesses.

- Eat foods that are fully cooked and served hot.
- Avoid eating fresh vegetables and fruit that has already been peeled and cut.
- Drink bottled water and sealed drinks.
- Avoid ice.

Avoid animals. Animals can spread diseases and can even be dangerous. Seek medical care if you are bitten or scratched by any animal.

After your trip:

Talk to a doctor or other health care provider if you get sick, injured, or have a fever during or after your trip. Share with a doctor the following information:

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| ✓ Where you traveled | ✓ If you had close contact with other people (including sexual activities) | ✓ Where you stayed |
| ✓ What activities you did (including swimming, hiking, or activities involving animals) | ✓ If you got any tattoos or piercings | ✓ What you ate and drank |
| ✓ If you have injuries, scratches, or bites | | |

Continue taking all medications as prescribed by a doctor.

