



# Staying Healthy While Traveling Overseas Health Checklist



## Health Care System Knowledge Assessment

- I have medical insurance that will cover me in the region that I will be traveling.
- I know the prevalent health concerns or problems in the region that I will be traveling (malaria, cholera...etc.)
- I am aware of immunizations I might need to cross the borders of my primary country into other countries I might wish to visit.
- I am aware of the policies on AIDS testing in the region where I will be traveling.
- I understand how the medical care system works in the region I will be traveling.
- If I am to get sick, I know how to pay for medical care in the region I will be traveling. (Whether currency or credit is accepted, and when I will need to pay for care.)
- I am taking sufficient money or credit for unexpected medical care bills.

## Personal Health Issues

- I am bringing medications I may need on my trip so I won't have to purchase them in the region to which I am traveling.
- I have had a dental check-up.
- I have had a physical within the last year.
- I have had all of the immunizations I need for traveling and have access to these records.

## Personal Health Promotion Issues

- If I choose to be sexually active during my overseas stay, I am aware of the possible risks involved (i.e., pregnancy, AIDS and other sexually transmitted diseases, etc.) and am prepared to take appropriate precautions.
- I know the region's customs and beliefs concerning alcohol and other drug usage and restrictions.
- I know what the quality of water is in the region where I am traveling.
- I understand the risk for illness associated with the water available in the region I am traveling and I understand water purification techniques to assist my avoidance of contaminated water.
- I know what kinds of foods are typical in the region I am traveling.
- I understand that it is very important to maintain a healthy diet (3 balanced meals) while I am traveling.
- I am aware of the types of foods that may make me ill and how I can protect myself from becoming ill.
- I know the time difference between home and the region to which I am traveling and have begun to prepare myself for jet lag.

## Emotional/Psychological Issues

- I have done research on the country that I am traveling to and understand its culture and customs.
- I have prepared myself mentally for traveling abroad and understand that each region is very different from the United States.

