

Travel Health Preparation Guide

Office for Global Engagement

This guide is designed to help you identify and plan for your health and wellbeing during travel, with a particular focus on how health conditions or disabilities that are managed in the U.S. health-care context may change or be more challenging in an off-campus or international setting. Answering the questions in this guide will assist you in proactively addressing potential health challenges and emergencies.

Instructions:

- Answer the questions within this guide.
- Research strategies to manage your health in your specific travel destination/s using these resources:
 - Center for Disease Control and Prevention (CDC) – [Travels' Health](#)
 - U.S. Department of State (DOS) - [Learn About Your Destination](#)
 - U.S. Department of State (DOS) – [Your Health Abroad](#)
 - [University Health Service](#) (UHS)
 - [University Counseling Center](#) (UCC)
 - [Passport Health](#)
 - [Mobility International](#)
- Consult with your health care or mental health provider – at UHS, UCC, or in the community. Work together to develop a self-care plan for your off-campus experience.
- Disclose health conditions to a travel companion, on-site program staff member, or program leader (if applicable). Common examples include sharing information about emergency medications or life-threatening allergic reactions.

Consider the following questions about your health and wellbeing:

1. **Physical Health.** Are you currently being treated, or have you been treated for a serious physical health condition injury or disease within the last five years? If yes, what do you do in the U.S. to care for these conditions (e.g., medication, seeing a health professional, personal networks, other strategies)? Do you need a prescription for medications that you might need either regularly or during a flare-up of symptoms, and will you be able to replicate this treatment while traveling?
2. **Physical Health Needs During Travel.** What do you need in order to successfully manage your physical health conditions during your travel experience? What concrete

steps will you take to address these needs? Do you need to consult with a health care professional or take medications at your destination?

3. **Mental Health.** Are you currently being treated, or have you been treated during the last 5 years for a mental health condition (e.g., addiction, depression, anxiety, eating disorder, a condition related to loss or grief)? If yes, what do you do while on campus or at home to care for these conditions (e.g. medication, seeing a health professional, personal networks, other strategies)?
4. **Mental Health Needs During Travel.** What do you need in order to successfully manage your mental health and wellbeing during your travel experience? What concrete steps will you take to address these needs? Do you need to consult with a mental health professional at your destination? How would this condition be treated during an acute flare-up and will you be able to replicate this treatment while traveling?
5. **Allergies.** Do you have any drug, food, or other allergies (e.g., medications, nuts, shellfish, bee stings, latex, etc.)? If yes, what are your reactions if exposed? How likely will you be to encounter these allergies in your host location? What steps will you take to minimize the risk of exposure and/or plan for treatment?
6. **Dietary Needs.** Make a list of any dietary restrictions you may have (e.g., vegan, vegetarian, gluten free, kosher, no pork, etc.). How will you accommodate these restrictions, especially medically necessary restrictions, during travel? Will your main sources of nutrition be available?
7. **Medications.** Make a list of any prescription and over-the-counter medications you are currently taking (e.g., birth control, insulin, Claritin for outdoor allergies). Next, indicate which ones you will need during travel and in what amounts. Is your current prescriber willing/able to provide enough medication for the duration of your time abroad? Are these medications available in your host country? What are the Latin terms for each medication? Are there any legal restrictions? If so, are there alternate medications you can take? Do you have a letter from your prescriber outlining the medication and your need (for customs)?
8. **Immunizations and Prophylaxis.** Do you have the following?
 - Copy of your own immunization record to carry in case of health emergency.
 - List of required and recommended immunizations and prophylaxis for your host location(s). For general recommendations, look up your destination(s) on the CDC website.
 - If you do not have these items, how will you locate them and arrange for any boosters or new immunizations needed prior to departure?

9. **Language.** Are you traveling to a destination where English is not the primary language? Do you speak the local language? If not, what strategies will you use to explain your health care needs? If needed, have you identified health care facilities where there are English-speaking professionals?
10. **Accommodations.** Do you have any conditions that may require special accommodations during travel (e.g., mobility restrictions, learning disabilities, hearing or visual loss, etc.)?
- If yes, what accommodations or support services do you receive on campus? Will these accommodations be needed during travel? Are they available in your host location? Will you have a secure location to store medications? What steps will you take to research your options?

Additional Planning Questions:

- What are your greatest challenges in taking care of your health on campus or at home?
- What do you anticipate will be the most challenging aspect of taking care of your health while traveling?
- Are there any particular psychological or physical health concerns that are so serious that you may not be able to manage them during travel?
If so, is it better to:
 - Travel to another destination for another experience where you will be better able to manage your health and wellbeing.
 - Postpone your travel to another time when you are better able to manage your health.
 - Implement strategies and utilize on-site resources that will better enable you to manage your health and wellbeing at your intended destination.
- To better manage your health while traveling, who should you disclose your health information to? A program leader, on-site staff at the destination, a classmate, roommate, or others?

Visit us online at [Rochester.edu/global/travel](https://www.rochester.edu/global/travel) for more health and safety resources.