

Travel Well

*A Guide to Healthy
International Travel
For Vanderbilt
Faculty & Staff*

Occupational Health Clinic

HEALTH & WELLNESS
VANDERBILT FACULTY & STAFF



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I. Before You Depart

Careful preparation is essential for safe, healthy International travel. Many interventions and practices needed to protect your health are only fully effective if begun well in advance. Begin to prepare at least six weeks before departure.



Make your first step a pre-travel visit to Vanderbilt Occupational Health Clinic (VOHC.) VOHC provides pre-travel service for authorized Vanderbilt business travel. Prior to your visit, complete a travel questionnaire, available on the VOHC website at www.occupationalhealth.vanderbilt.edu. By submitting this questionnaire ahead of time, your health care provider can have any special vaccines you might need on hand at the time of your visit.

A pre-travel visit is especially important for first-time travelers; however, even seasoned, frequent travelers should have a visit prior to every international departure. The world is rapidly changing; social, political, and health risks shift routinely. Illness risks vary greatly by season, region, and work assignment. New infections emerge and resistance patterns change. Don't assume that travel preparation in a prior year makes a current pre-travel visit unnecessary.

A. The International Pre-Travel Visit

During the pre-travel visit, you will:

- ✓ Review safe international travel principles.
- ✓ Review the risks associated with international travel.
- ✓ Review destination-specific guidance and warnings.
- ✓ Receive appropriate immunizations, prophylaxes, post-exposure guidance, and treatments.
- ✓ Receive a helpful travel kit



Discussion during Your Pre-Travel Visit

Clinic staff or your travel medicine provider will address these and other issues related to your travel:



Destination and Travel Conditions

Your destination's geographic location, weather, socioeconomic conditions, and political climate can strongly influence your journey. Travel to developed countries may pose no greater risk to you than daily activities in your own country. In developing countries though, living conditions, driving conditions, standards of hygiene and sanitation, immunization coverage levels, and medical care vary widely, potentially increasing your risk for being injured or developing a travel-related illness or condition.

Temperatures at your destination may be at extremes (hot or cold), and if you cross hemispheres, seasons may be opposite of what you are presently experiencing. You will need to pack season-appropriate clothes and personal items. Also, your destination may be in or heading into its prime influenza ("flu") season and you may need immunization prior to departure.

Your Specific Travel Duties

Prepare Before You Pack!

- Learn about your destination – its climate, season, weather, history, people, culture, and economic, political, and societal issues in area(s) you will visit. A good information source is Reports at www.foia.state.gov.**
- Talk to others who have visited or lived there before.**
- Locate the nearest U.S. Embassy or Consulate Office; record relevant contact information to carry with you.**
- Find out if your health insurance covers you abroad for long-term travel. If not, you may need to get additional insurance or change your insurance plan before traveling.**

Your duties will influence your risks. If you attend meetings in tourist areas and stay only in modern hotels, your risks will be different than if you visit and sleep in rural areas, conduct research, or provide clinical patient care. You may need to learn more about being exposed to people with infectious diseases or you may need to ensure the safety of your food and water.

Past Medical History and Personal Health

Your past medical history and current health picture greatly affect your fitness for international travel. Some persons should not travel to areas of increased risk or limited medical resources. Certain areas of the world may not have the resources to treat what is in your country a manageable medical condition that does not normally impact your daily routine. If you have concerns about your fitness for travel to a particular destination, discuss them with the clinic staff, your travel medicine provider, or your personal health care provider. Consider the following and discuss with health care advisors:

- × DO NOT travel until your health improves, if you have a significant acute, evolving, worsening, or undiagnosed condition or an inadequately controlled chronic disease.
- × DO NOT travel now, if you had recent open abdominal or chest surgery or if there were any complications following a recent surgical procedure. Ensure that your surgeon and primary care physician are aware of your travel itinerary and the risk associated with your travel assignment.
- ✓ If you have ever been prescribed an antidepressant or anti-anxiety medication, discuss the possibility of taking a supply of medication with you, should it be needed.
- ✓ Ensure your commitment to and ability to obtain routine medical exams, basic preventive care, and post-travel follow-up care.

Travelers at extreme ages (infants, young children, elderly), pregnant women, and immunocompromised travelers have personal health situations that often require additional preparation and clearance time before departure. Plan enough time for physician visits, vaccinations, and other pre-travel preparations if any extreme-age travelers will accompany you on international travel.



During your pre-travel visit, discuss perceived risks and get as much information as you can. If you have additional questions later, call the clinic!

Vaccinations, Prophylaxes, and Other Interventions

You may need certain vaccinations before you depart. Many vaccinations require multiple doses to be given at specific time intervals. Careful planning will ensure that you do not travel immediately after immunization (and risk soreness, fever, or other adverse events) and that you obtain adequate immunity before you arrive in a risk area. Your travel medicine provider will discuss your immunization needs, expected results, and potential side effects of vaccinations. Also, you will get specific, written information about each vaccination you receive at the time of your visit.

You may receive malaria prophylaxis or other prophylactic medications, along with instructions on their use and other important information. ***Taking malaria prophylaxis correctly and consistently is the most important factor in preventing this debilitating and potentially fatal condition.*** You may also receive malaria self-treatment, to be administered only if needed. If you will be working with blood or blood products or caring for patients, you will be given an initial supply of HIV post-exposure treatments and instructions for using them in case of an actual or potential HIV exposure.

B. Your Travel Kit and Other Items to Pack

If your pre-travel visit is to the VOHC, you will receive a travel kit along with prescribed prophylaxes and interventions. The kit contains common first aid supplies (bandages, and tweezers), comfort medications, and self-treatments for some common travel-related illnesses.

A list of medications typically contained in the kit is included in Appendix A. If your pre-travel visit is not to the VOHC assemble and pack such a supply kit yourself.



Put travel kit items (except tweezers!) and other medications in a carry-on bag with a shoulder strap, for use if needed, and so medications can be disclosed to airport or customs officials. For other items, consider a suitcase with sturdy, all-terrain wheels and limit its final, packed weight.

Additional Health, Safety, and Comfort Items

(Consider packing these as needed)

- ✓ Extra contact lenses, cases, and solutions
- ✓ Extra regular medications (in original containers)
- ✓ Two pairs of prescription glasses (in case one breaks)
- ✓ Wraparound sunglasses that give 100% UV ray protection
- ✓ SPF 15 or higher sunscreen (UVA and UVB ray protective)
- ✓ SPF 15 or higher lip screen
- ✓ Wide-brimmed hat
- ✓ Non-medicated powder (to keep dry in hot, humid climates)
- ✓ Moisturizer (for combating dryness and soothing sunburn)
- ✓ Quart canteen (if water safety is questionable)
- ✓ Umbrella (it'll rain for sure if you don't bring it!)
- ✓ Tissues, extra soap, and hand sanitizers
- ✓ Thermometer
- ✓ Insect Repellant
- ✓ Pressure-equalizing earplugs
- ✓ This booklet



Clothes and Wearable Items for Health, Safety, and Comfort

- ✓ Medium-weight, neutral-colored pants and long-sleeved shirts (for mosquito/insect protection)
 - ✓ Light-colored clothing (for visibility at night)
 - ✓ Rain gear, if needed
 - ✓ Season-appropriate outerwear, if needed
 - ✓ Socks (cotton, cotton blends, or other breathable fabrics)
 - ✓ Shoes (sturdy, comfortable, fully covering feet, with soles appropriate for the expected terrain)
 - ✓ Leather jacket and helmet (if you will be cycle riding)
- × DO NOT pack clothes that are bold, showy, or patriotic.
 - × DO NOT pack bare-shouldered, low-cut, or other immodest clothes.

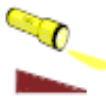


Pack it safe! You may be going to an area where it would be helpful for you not to stand out in a crowd...

 Use neutral, not loud, colors (e.g., black, beige, denim). Consider a head covering or a particular item of clothing, if it is customary in the area.

Personal Protective Equipment for a Safe Mission

Depending on the nature of your assignment abroad, you may need to bring personal protective equipment or specialized supplies. Your team leader will prepare you for your work. You may be able to get medical supplies in-country, but don't assume this. Plan ahead with your team and pack appropriately.



Security Recommendations: Bring a bright flashlight with new batteries and a rubber wedge as an extra block for the inside of your hotel door.

C. Security Issues to Address Before You Depart

The basic principles that contribute to good personal safety and security are the same wherever you are in the world. If you practice them at home, where the threat level is relatively low in most cases, they will be part of your normal habit patterns when you travel internationally.

Preparing for your Safety and Security

- ✓ Become familiar with the security risks in your destination.
- ✓ Know attitudes toward Americans in the country.
- ✓ Pack for your safety and security (pages 5-6).
- ✓ Create a personal health and safety plan (pages 8-9).



D. Create a Personal Health and Safety Plan

Creating a personal health and safety plan can help prepare you to enjoy your travel safely and to complete your work successfully. Such a plan will also serve as a checklist to ensure that you are prepared to deal with an injury, illness, accident, or other unexpected event.



Your plan should be written legibly or typewritten so that you and others can refer to it. At a minimum, it should include:

- Travel documents (passports, visa, immunization card, plane tickets, etc) or copies (color copies for passports)
- Basic itinerary (flights, hotels, and day-by-day information)
- Proof of health insurance coverage (see box on page 2)
- U.S. Embassy or Consulate telephone numbers
- Emergency contact information for destination and home countries (health care provider, host, travel partners, etc)

Your personal health and safety plan should include answers to these questions for you and members of your travel party. Ask your travel medicine provider to help you answer these questions, if needed.

Getting Around

- How will I travel around the country?
- At what times of day will I need to travel?
- Will there be a group that I can go with on outings?

Potential Emergencies

- What kinds of natural disasters typically occur in the area?
- How might I prepare for any such disasters?
- What types of hazardous plants, animals, insects, or other organisms will I likely encounter?
- Will I know what to do if I encounter such organisms?



In Case of Emergency

- What resources can I access in case of an emergency?
- Where is closest hospital or credible source of health care?
- How will I get to a hospital or health care facility, if needed?

Your Safety and Security

- What is the current political situation in the area I am visiting?
- Has there been recent terrorist activity in the area?
- What is the general attitude toward Americans?
- How will I safely store travel documents and personal effects?
- What are the safety features of my accommodations?

Your Health

- How safe is the water and food supply?
- Should I eat, drink, or prepare food differently? If so, how?
- How safe are recreational waters in the area?
- Do I have any chronic medical conditions or allergies?
- Have I properly addressed any such health conditions?
- Whom should I alert about any such health conditions?
- Do I have enough of all medications for the entire trip?
- What type of injury or illness would warrant going home early?
- What can I do to ensure that I stay healthy after my trip?



Share a copy of your health and safety plan with your significant others at home, your supervisor, your host, and any travel partners.

II. During Your Journey

A. Transportation and Terminals



Transportation systems and terminals (airports, train/subway stations, etc.) are perfect places for crimes, illness, and injury to occur! Prepare well so none of these will happen to you!

- ✓ Use wheels to roll or shoulder strap to carry, if not too heavy.
- ✓ Keep wrist straight (avoid twisting) when rolling suitcases.
- ✓ Switch side on which you carry bags often to alternate weight.
- ✓ Stow carry-ons within reach; keep arm or leg through straps.



Your Safety and Security

- ✓ Be aware of your surroundings at all times.
- ✓ Put valuables on x-ray conveyor only after the person ahead of you has successfully passed security and is on other side.
- ✓ Keep your arm through a bag shoulder strap when carrying.
- ✓ Keep your leg through a bag shoulder strap when in a seat.
- ✓ Avoid sensitive business conversations with others.

Your Health

- ✓ Stay well hydrated - - avoid excess caffeine, excess alcohol, and sedatives.
- ✓ Take motion sickness medication 30-60 minutes prior to travel.
- ✓ Avoid twisting your neck or back when reclining.
- ✓ Walk around frequently during long plane or train trips.
- ✓ If you must remain seated, move your legs and feet, rotate your ankles, and contract and relax calf and leg muscles frequently to prevent deep vein thrombosis.



Note: Use safe food and drink practices on commercial aircraft as well as at some destinations! (See pgs. 17-18.)

B. Health and Safety in New Surroundings

You just arrived! Maybe it's your first time in the country or your first time abroad. Enjoy the experience! Continue your vigilant health and safety planning, though. Use good common sense in everything you do. You have already planned for risks, now:

- ✓ Confirm and/or reassess your risks - - daily.
- ✓ Stay current - - read newspapers, listen to radio, watch TV.
- ✓ Get local information from your host (areas to avoid, local customs, safe restaurants, photographing strangers, etc.).
- ✓ Review and update your personal health and safety plan.
- ✓ Locate the nearest credible source of health care.
- ✓ Plan an escape route and emergency rendezvous point.
- ✓ Discuss your personal health and safety plan, escape route, and rendezvous point with your host or travel partner.

Follow these key rules for safe traveling safely:

The DOs

- ✓ Be aware of your surroundings at all times!
- ✓ Travel with your host, a partner, or a group.
- ✓ Learn your way back to lodging, in case you get separated.
- ✓ Keep a passport and emergency numbers with you at all times.
- ✓ Heed local guidance about crime, terrorist activity, or unrest.
- ✓ Avoid public disturbances and demonstrations.
- ✓ Keep a purse or wallet in front of you to avoid its theft.
- ✓ Use a humble, guarded approach in encountering strangers.
- ✓ Hold firmly onto briefcases, computer cases, or other bags, but be prepared to let them go to avoid injury.
- ✓ Walk purposefully and confidently, as if you know what you are doing and where you are going (even if you don't!).



The DON'Ts

- ✗ Don't go anywhere alone, if possible.
- ✗ Don't travel at night (walking, driving, or riding), if possible.
- ✗ Don't take shortcuts through alleys, deserted roads, or paths.
- ✗ Don't get distracted or engrossed in shopping or sightseeing.
- ✗ Don't complain, talk loudly or boisterously, or otherwise attract undue attention to yourself.

B. Transportation-related Safety

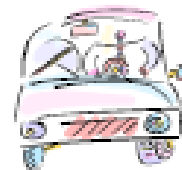
Motor vehicle accidents are the leading cause of injury and preventable death to those traveling abroad. Drivers, passengers, and pedestrians are all potential victims of motor vehicle accidents. Accidents can occur during the day or at night, in urban or rural areas. Be aware of road rules and regulations, local driving conditions, and road signage used in your destination country. In other countries, road conditions and modes of transportation can be very different than what you might expect.



Motor vehicle accidents are the # 1 preventable threat to the safety of the international traveler. Accidents involving pedestrians are common.

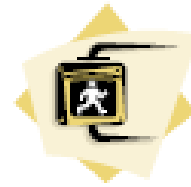
Driving or Riding

- ✓ Wear your seatbelt; insist your driver wear one.
 - ✓ Tell a driver to slow down, if you feel it appropriate.
 - ✓ Keep vehicle doors locked at all times and windows rolled all the way up whenever possible.
 - ✓ Wear a helmet, long pants, long-sleeved shirt, leather jacket, and sturdy shoes, if you ride a motorcycle or bicycle.
- ✗ DO NOT drive by yourself or at night if you have other options.
 - ✗ DO NOT ride on the tops of overcrowded buses or hang off vehicles.



Walking

- ✓ Walk in the opposite direction of traffic.
- ✓ Walk defensively; scan surroundings frequently.
- ✓ Wear light-colored clothing to be visible at night.
- ✗ DO NOT walk alone or at night if you have other options.

**D. Environmental Hazards and Prevention Measures**

Most travelers journey safely and return without any injury or symptoms of illness. However, international travel involves an increased risk for exposure to larger numbers of people and conditions that increase your potential for injury or for acquiring infectious diseases, conditions, or other illnesses.

You may also experience certain stressors that can adversely affect your sense of well-being, such as crowding, exposure to extreme temperatures, and traveling through different time zones, with “jet lag” disturbing sleep and wakefulness cycles. Your usual eating and drinking habits may be disrupted and new foods could challenge your digestive system. You may experience constipation, diarrhea, or stomach problems.

Heat and cold can be directly or indirectly responsible for some diseases and can contribute to serious skin conditions. Warm, humid conditions can aggravate dermatophytoses (e.g., jock itch, athlete’s foot, and yeast infections); prolonged exposure to cold weather can result in frostbite. Continue to assess weather and physical conditions; take every precaution to ensure that you remain healthy and safe.

1. Natural Disasters

Natural disasters occur in every part of the world. While traveling, be aware of potentially occurring natural phenomena, such as hurricanes, tornados, earthquakes, floods, and landslides. Frequently, these events occur with little warning and with less advance notification than in your own country. Natural disasters can contribute to transmission of some diseases, especially

since water supplies and sewage systems may be disrupted. Ensure that your personal health and safety plan accounts for the possibility of such events.

2. Air Pollution



Air pollution varies widely throughout the world and is often severe in large cities. Many countries do not have basic vehicle emission controls; thus, pollution from vehicles can be much worse than in the United States. Other pollution sources may be more prevalent in other countries too, and there may be little, if any, regulation of those sources. Dusty, unpaved roads can be commonplace. Such pollution can contribute to respiratory irritation, predispose you to infection, or worsen chronic respiratory conditions.

Take action to minimize health effects in dusty, polluted settings:

- ✓ Limit time spent and strenuous activities done outdoors.
- ✓ Cover your mouth and nose with a handkerchief, dust mask, or something similar to reduce inhalation of larger particles.

3. Recreational Water Warnings

Recreational waters can pose a myriad of problems too. Skin, respiratory, and diarrheal infections have been linked to wading or swimming in oceans, freshwater lakes, rivers, and swimming pools. Surface waters in developing countries may be significantly contaminated with human sewage and animal wastes; disease-causing microorganisms abound in such waters. Unfamiliar organisms, such as jellyfish, stinging coral, and biting or stinging fish, may also be present. Waters in certain areas of the world contain free-swimming larvae of flukes which can penetrate human skin and cause schistosomiasis, an often chronic and debilitating disease.



Risk areas for schistosomiasis are freshwater bodies in South America, Africa, Asia, the Middle East, and Irian Jaya (western half of New Guinea). Check www.cdc.gov/travel before you go for information on schistosomiasis risks for your destination country.



4. Protecting Yourself from the Sun

Your destination may be a hot, humid, or desert-like climate which may be very different from where you live. Protect yourself from the sun's heat and harmful ultraviolet (UV) rays.

- ✓ Stay indoors or out of the sun during midday, if possible. (Typical peak sun time is from 10:00 a.m. to 2:00 p.m.)
- ✓ Wear a wide-brimmed hat.
- ✓ Wear light-weight, long-sleeved shirts and pants.
- ✓ Wear wraparound sunglasses with 100% UV ray protection.
- ✓ Use SPF > 15, UVA ray and UVB ray protective sunscreen.
- ✓ Use a minimum SPF 15 lipscreen.
- ✓ Reapply sunscreen and lipscreen per package directions.
- ✓ Keep well hydrated. Drink 8 oz. of water, rehydration solution, or dilute sports drinks for each 15 minutes of moderate activity.
- ✓ Work or take breaks as needed in shaded, cooler areas.
- ✓ Pace yourself; don't overdo it, especially in heat or sun.
- ✓ Avoid alcohol and excess caffeine when at risk for heat illness.

5. Tick Protection and Removal

If you plan to visit the jungle, woods, active pastures, or other highly vegetated areas, discuss tick protection measures during your pre-travel visit.

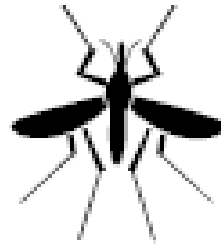
Check for ticks daily. If you spot a tick on yourself or someone else, remove it with the tweezers from your travel kit as follows:

- ✓ Gently pull on a tick with tweezers to remove it, grasping the tick as close to the skin entry site as is possible.
- ✓ Be careful not to break the tick while removing it.
- ✓ If it does break off, remove as much of the head and body as you can with the tweezers.
- ✓ Wash the area well with soap and water.
- ✓ Seek medical help if you have fever, rash, or other symptoms.



6. Insect Protection Practices

- ✓ Stay in well-screened or air-conditioned areas.
 - ✓ Use bed netting if sleeping outdoors or in open air areas that are not well-screened.
 - ✓ Wear medium-weight, neutral-colored clothing that covers arms, legs, and feet (including socks).
 - ✓ Wear shoes instead of sandals outdoors - all the time.
 - ✓ Apply DEET repellents to skin and clothing. (Use repellent with 25%-50% DEET on skin of adults and children older than two months and on clothing, per package directions.)
 - ✓ Apply permethrin-based repellents only to clothing, shoes, bed nets, and camping gear, not on skin.
 - ✓ Ensure that the bedding you use is clean.
-
- ✗ DO NOT remain outdoors at night or around dawn or dusk, when some insects are most active.
 - ✗ DO NOT remain near standing pools of water, where insects tend to breed.



7. Protecting Yourself from Other Organisms

Ask your host to identify hazardous plants, animals, or other organisms that you should watch out for. Learn what to do if you accidentally encounter a poisonous organism. Seek medical help if you have signs of severe or significant reaction.



E. Safe Food and Drink Practices

Food Safety

Select foods with care. All foods that are raw or inadequately cooked could possibly be contaminated. Pay close attention in areas where hygiene and sanitation are questionable:

- ✓ Eat only hot foods that are fully cooked and still hot.
 - ✓ Eat fresh fruit only if you cleaned and peeled it yourself.
 - ✓ Use safe water when cleaning food and dishes.
- ✗ AVOID salads, uncooked vegetables (including the lettuce or tomato on your sandwich!), unpasteurized milk and milk products, such as cheese or yogurt, and food from street vendors or unknown sources.

If in doubt, "Boil it, cook it, peel it, or forget it!"

Water and Drink Safety



Water that is adequately chlorinated using minimum required U.S. water treatment standards affords substantial protection against viral and bacterial waterborne diseases. Nevertheless, chlorine treatment alone, as used in the routine disinfection of water, might not kill some viruses and organisms that cause giardiasis and cryptosporidiosis.

If chlorinated water is not available or hygiene and sanitation are poor, only the following might be safe to drink:



- ✓ Beverages, such as tea or coffee, made with boiled water.
- ✓ Canned or bottled soft drinks, beer, or wine.
- ✓ Bottled water (carbonated or non-carbonated) that is capped and sealed.



Brush your teeth! ... but, if water could be contaminated, use another safe water source or bottled water.

Although it's safer to drink a beverage directly from a can or bottle than from a questionable container, water on the outside of a can or bottle might be contaminated. Therefore:

- ✓ Ensure wet cans or bottles are fully dry before opening.
- ✓ Wipe clean any surfaces that might contact your mouth.



Watch Out for Ice! Ice made from contaminated water will also be contaminated. If you're unsure of an ice source, do without it! Wash containers that have held contaminated ice with soap and safe, hot water after ice has been discarded.

Treating Water

If you are unsure of the safety of your water source, boil water or use iodine tablets to make it safe for drinking or other uses.

Boiling Water (recommended method)

- ✓ For altitudes of 6,562 feet (2,000 m) or below, bring water to a vigorous rolling boil for one minute.
 - ✓ Above 6,562 feet (2,000 m), boil water for three minutes or boil for one minute and then treat with iodine (as below).
 - ✓ Cool to room temperature before using.
 - ✓ Add a pinch of salt to each quart or pour water several times from one clean container to another to improve taste.
- ✗ DO NOT use ice to cool the boiled water.



Iodine Treatment (Use *only* if other options don't exist!)



This method cannot be relied on to kill *Cryptosporidia* unless the water is allowed to sit for 15 hours before it is drunk. Limit the use of iodinated water unless you have no other available alternative. Carefully follow the directions on the iodine tablets container. DO NOT use iodine tablets if you think you might be pregnant.

F. What If You Are Injured or Feel Sick?

For all but the most minor of injuries, get an evaluation from a credible health care provider as soon as possible. If you start to feel sick, slow down, take a break from duties, and pay close attention to your symptoms. Follow these guidelines if you are injured or ill while on travel:



1. Minor Illness

You may be able to treat mild symptoms and minor illnesses with the medications in your travel kit. (Refer to Appendix A.) While using any self-treatments, monitor your condition carefully and frequently.

2. Feeling Worse?

If your condition does not improve quickly, alert your host or travel partner. You may need an evaluation by a credible health care provider. The severity of your symptoms and their effect on your daily activities should guide your decision.



Always err on the side of caution and seek medical help if your symptoms are not improving.

If you get medical help, alert your supervisor and be prepared to answer these questions for your provider. Reviewing this list may also help you determine if you need to be seen. Ask for help with these questions from your host or travel partner, if needed.

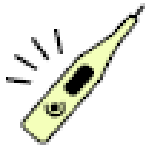
Questions to Ask When Considering Medical Help

- When did symptoms begin? How severe are they?
- Were or are you still in the sun or heat?
- Do you remember being bitten or stung? By what?



- Did you experience any other exposures?
- Did you fall or get injured otherwise?
- Were or are you working directly with sick patients?
- What have you been eating and drinking on travel?
- Are any others ill or experiencing similar symptoms?
- Are there any other unusual circumstances?

The following symptoms could indicate serious illness. Seek care immediately if these symptoms are significant or severe.



Fever can be an important indicator of a serious condition. In certain destinations, fever should be assumed to be malaria until proven otherwise.

- Fever
- Rash
- Headache
- Vomiting, especially if prolonged or bloody
- Diarrhea, especially if prolonged or bloody (see next page)
- Dehydration or lack of urine output
- Constipation
- Shortness of breath or other respiratory symptoms
- Neurologic symptoms (stiff neck, confusion, lethargy)
- Allergy symptoms such as hives, severe itch, or any significant swelling which may be due to an allergic reaction
- Severe muscle pains or aches

Whether or not you seek local health care, have a host or travel partner check on you until you recover completely. If you do receive local health care, call the VOHC (615-936-0955) and update them periodically on your condition.

Your illness may be related to your destination, or it may not be. You can still experience common illnesses or conditions such as a cold, the flu, a kidney infection, appendicitis, or other conditions while traveling in another country.

3. Seeking Medical Help

If at any time, symptoms become severe, worsen dramatically, or persist, turn to your credible source of health care. Notify your host and travel partner right away. Have them notify your supervisor, and VOHC (615-936-0955) as soon as possible.

If It's Travelers' Diarrhea...

Traveler's Diarrhea commonly afflicts travelers to various parts of the world. Follow these basic treatment guidelines:

1. Stay Well Hydrated

Diarrhea can cause severe fluid and electrolyte loss. Combat this by replacing losses with rehydration solution (from your travel kit), dilute sports drinks, and safe water.

2. Advance Diet as Tolerated

As you are able, add soft, bland foods such as toast, rice, bananas, applesauce, crackers, or dry bread. Avoid dairy products.

3. Consider Treatment of Your Symptoms

Pepto-Bismol® or Kaopectate® may help decrease symptoms and may be useful for mild conditions. For cramps or more serious symptoms, consider Imodium® A-D. Take all medications only as directed.

4. Should I Take an Antibiotic?

If they were provided to you during your pre-travel visit, antibiotics may be indicated. Antibiotics are often helpful for moderate or severe diarrheal symptoms and are generally recommended for diarrhea that is associated with fever or blood, or when symptoms are prolonged. Follow guidance given to you during your pre-travel visit.

G. Your Mental Health While Traveling

Almost everyone experiences some travel related stress. Stress can affect us emotionally and physically. Physically we may experience an increase in heart rate, blood pressure, muscular tension leading to headaches, pains, irritability, and appetite changes. Time changes can cause sleep disruptions which can impact emotions conditions. Negotiating airports, more complex security requirements, long flights, schedule demands, and unfamiliar environments can all contribute to an increase in one's stress level. Traveling can also be invigorating, exciting and motivating. Excessive and prolonged stress can negatively impact one's health.

Symptoms of stress can include:



- ✓ Anxiety
- ✓ Feeling easily frustrated or angered
- ✓ Feeling overwhelmed by stimuli
- ✓ General sense of uneasiness
- ✓ Feeling helpless or absent-minded
- ✓ Feeling isolated or homesick
- ✓ Emotional numbness
- ✓ Disorientation or confusion
- ✓ Depression



It may be easier to cope with stress if you:

- ✓ Stay connected to those around you.
 - ✓ Continue communicating with colleagues and supervisor.
 - ✓ Incorporate routines and planned activities into your day.
 - ✓ Take regular breaks for regrouping, relaxation, and rest.
 - ✓ Call or e-mail home regularly; share pictures if you can.
 - ✓ Support your in-country colleagues and travel partners.
 - ✓ Plan some new or fun activities and do them.
 - ✓ Get adequate sleep, exercise, and nutrition.
 - ✓ Keep a sense of humor, even when things go wrong.
- ✗ Avoid drinking excess alcohol or any other risky behaviors.



Culture Shock - - is a very common source of stress for international travelers.

Culture shock is a combined effect of the stressors of a new culture.

Culture shock can arise from any or all of the following:

- ✓ Being in an unfamiliar situation.
- ✓ Feeling a sense of loss or separation from loved ones.
- ✓ Worry about rejection and loss of control.
- ✓ Confusion over your role or purpose.
- ✓ Anxiety, disgust, or shock over cultural beliefs and practices.
- ✓ Other difficulties in coping with the new environment.

Managing Culture Shock

Your attitude and approach to your work are important in managing culture shock effectively. First, be an observer; do all you can to be sensitive to local culture and customs. If possible, take time to get to know local people and find out what their lives are really like. Adapting to a new environment will be easier, and your work will probably go more smoothly and be more rewarding.

When and How to Ask for Help

If you experience mental health difficulties while traveling, don't keep it to yourself out of fear of being "a failure." This may only worsen the problem, and you may begin to further isolate yourself from others. Know that it is appropriate to speak up. Ask for help if your symptoms bother you or are persistent.



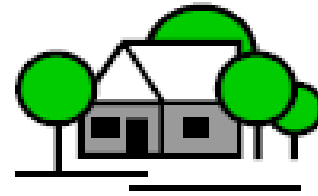
Symptoms to watch for include:

- ✓ An uncomfortable, persistent level of anxiety.
- ✓ Panic attacks.
- ✓ Depression signs (e.g., crying, sadness, hopelessness).
- ✓ Being psychologically unable to accomplish simple tasks.
- ✓ Frequent, uncontrollable outbursts of anger.
- ✓ Fear for your safety that is excessive and impedes work.
- ✓ Having continual thoughts and fears that you know are not based in reality.

If you experience any of these symptoms, you may need to seek professional help. Consider sharing your symptoms with a travel partner, your host, or your supervisor.

If your symptoms become urgent in nature, get help immediately from your credible source of health care. All employees may contact Work/Life Connections at 615-936-1327. WLC staff on call will assist as possible or connect you to local resources, as needed.

III. Coming Home



Preparing to Leave Your Assignment

Travelers on short tours of duty will often transition from travel to their normal routine without difficulty. However, travelers who have been away for a long period of time may have negative emotions when it's time to come home. Some of the feelings returning travelers have experienced are:

- ✓ Lack of closure in not being able to complete a project.
- ✓ Regret over not having accomplished more.
- ✓ Anger from a perceived lack of appreciation or recognition.
- ✓ Disappointment over returning to routine work.
- ✓ Estrangement from family, peers, and position at home.
- ✓ Overwhelmed about catch-up work that has accumulated.
- ✓ Sadness or depression over the loss of positive experiences and relationships.

Experiencing such negative feelings is usually normal.

Some ideas to help you handle them are:

- ✓ Say goodbye to those who were significant.
- ✓ Find ways to keep in touch with significant people.
- ✓ Review your expectations for the assignment.
- ✓ Reflect on your accomplishments, even if the project is not finished.
- ✓ Assess how you may have been changed by the assignment.
- ✓ Share your feelings with a travel partner or supervisor.

The Successful Transition Home

It's important to create a transition period for yourself rather than jump "feet first" back into your regular position. Set a realistic timetable for catching up on e-mails and accumulated work. Think about who you will contact when you return and how you will reconnect fully with family and friends outside of work.

Because the international travel experience is often powerful, talk with fellow travelers to the country you visited after your return. Most travelers find it a positive experience when they compare and contrast their perceptions. Many find that their values have changed, and that their view of the world has been permanently altered. Discussing your experience with someone who understands and can validate what you have been through will often allow you to make a smoother transition home.

If your transition does not go as well as expected, call Work/Life Connections at 615-936-1327.

Medical Issues Upon Your Return

Safe, healthy travel requires careful follow-up after you come home. Malaria and other travel-related illnesses can present themselves days or months after you were exposed. Make sure that you:



- ✓ Complete all of your travel medications as directed.
- ✓ Continue taking anti-malarial prophylaxis until it is gone.
- ✓ Call the VOHC (615-936-0955) to report any travel-related concerns.
- ✓ Seek medical help for any unusual or unexplained illness or symptoms that develop after your return.

IV. Additional Resources

For more information on traveling safely abroad, check out these helpful resources:

- CDC Travelers' Resource: www.cdc.gov/travel
- U.S. Department of State: www.state.gov
- World Health Organization: www.who.org
- Pan American Health Organization: www.paho.org
- Travel Clinic Network: www.istm.org
- (Check the Travel Clinic Network for nearby clinics before you go.)





Contacts

<u>Name and Title</u>	<u>Telephone Number</u>	<u>Address and/or E-mail</u>
Vanderbilt Occupational Health Clinic	(615) 936-0955	1211 21 st Ave Medical Arts Building, #640 www.occupationalhealth.vanderbilt.edu
Risk Management (to report a work injury)	(615) 936-0660	http://www.vanderbilt.edu/RiskMgmt/
Work/Life Connections (EAP)	(615) 936-1327	www.worklifeconnections.vanderbilt.edu
Vanderbilt International Office	(615) 322-3444	www.vanderbilt.edu/vio





Medication List

Medication

Dose

Directions for Taking and Additional Notes





Medication List

MedicationDoseDirections for Taking and Additional Notes



Appendix A

Travel Kit Medications

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Acetaminophen

Take For

- ☞ Reducing fever
- ☞ Pain relief for headaches and other body aches
- ☞ Temporary relief of pain from strains, sprains, and minor arthritis

Adult Dosage

- ✓ Take **one** or **two** (325 mg) tablets every four to six hours, as needed.
- ✓ Drink plenty of fluids while taking acetaminophen.

DO NOT take more than 12 (325 mg) tablets in a 24-hour period.

DO NOT take for pain for more than seven days, unless directed by a physician.



Possible Side Effects

- ⊗ Liver injury or insult can occur if acetaminophen is used above its prescribed dosage or if it is used concurrently with heavy alcohol use (three or more drinks per day).

Warnings

- ⊗ DO NOT take acetaminophen if you drink excessive alcohol (three or more drinks per day) or if you have liver disease.
- ⊗ STOP taking acetaminophen if you begin vomiting or if you develop abdominal pain, jaundice, or other symptoms of liver disease.
- ⊗ GET MEDICAL HELP if high fever persists for more than 24 hours or if other serious symptoms develop when taking acetaminophen for an illness with a fever.

Antibacterial Ointment or Cream

(Polymyxin/Bacitracin combination or other medications alone or in combination)

Use For

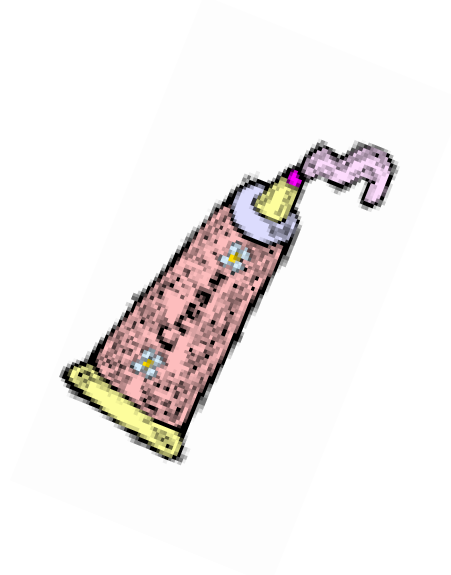
- ☞ Abrasions
- ☞ Minor burns
- ☞ Minor cuts
- ☞ Scrapes

Application

- ✓ Cleanse skin with soap and water and dry thoroughly.
- ✓ Apply to affected areas one to three times daily.
- ✗ DO NOT use longer than one week.

Warnings

- ⊗ DO NOT use in the eyes.
- ⊗ DO NOT use on puncture wounds, animal bites, or serious burns.
- ⊗ STOP using this medication and GET MEDICAL HELP if fever, redness, irritation, pain, or swelling occurs.



Antifungal Ointment or Cream

(1% Clotrimazole or other medication)

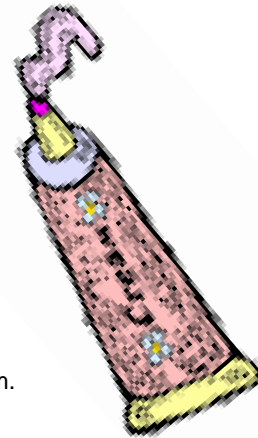
Use for Fungal Skin Infections only, such as:

- ☞ Athlete's foot
- ☞ Jock itch
- ☞ Ringworm
- ☞ Yeast infections (non-vaginal)

Application

- ✓ Cleanse skin with soap and water and dry thoroughly.
- ✓ Apply to affected areas twice a day until completely clear.
- ✓ Keep affected skin areas as dry as possible.

- ✗ DO NOT use for more than two weeks for jock itch.
- ✗ DO NOT use for more than four weeks for athlete's foot or ringworm.
- ✗ DO NOT scratch affected areas.



Possible Side Effects

- ☹ Redness
- ☹ Burning
- ☹ Peeling
- ☹ Irritation of skin in areas of use

Warning

- ⊘ STOP using this medication and GET MEDICAL HELP if any rash or skin condition persists despite treatment.

Take Note

- 📄 Skin fungi and yeast thrive in moist areas. Keep affected areas dry.

Aspirin (Acetylsalicylic Acid)

Take For

- ☞ Reducing fever
- ☞ Pain relief for headaches and other body aches
- ☞ Relief of inflammation



Adult Dosage

- ✓ Take **one** or **two** (325 mg) tablets every four hours, as needed.
- ✓ Drink plenty of fluids while taking aspirin.
- ✗ DO NOT take more than 12 (325 mg) tablets in a 24-hour period.
- ✗ DO NOT take for pain for more than 10 days, unless directed by a physician.
- ✗ DO NOT take aspirin on an empty stomach.
- ✗ DO NOT take aspirin if influenza or varicella (chicken pox) is suspected.

Possible Side Effects

- ⊗ Stomach problems (heartburn, pain, upset) that persist or recur
- ⊗ Nausea
- ⊗ Easy bleeding or bruising
- ⊗ Ulcers or gastrointestinal bleeding
- ⊗ Asthma

Warning

- ⊗ STOP taking aspirin if pain or fever gets worse, redness or swelling is present, new or unexpected symptoms develop, or ringing in your ears occurs.

Take Note

- 📄 Ask your doctor about taking aspirin if you drink more than three alcoholic drinks per day or if you are taking a prescription drug for anticoagulation, diabetes, gout, or arthritis.

Ciprofloxacin (Cipro®)

This medication requires a prescription. See your PCP to obtain.

Potential Uses

- ☞ Infectious diarrhea
- ☞ Typhoid Fever
- ☞ Certain other infections

Adult Dosage

- ✓ Take **one** (500 mg) tablet every 12 hours for most infections.
- ✓ Drink plenty of fluids while taking this medication.
- ✗ DO NOT use with antacids, calcium, or iron.



Possible Side Effects

- ⊗ Gastrointestinal upset
- ⊗ Headache
- ⊗ Neurologic symptoms (stiff neck, confusion, lethargy)
- ⊗ Rash, allergy, sensitivity to sunlight
- ⊗ Muscle aches, traumatic tendon rupture

Warning

- ⊗ If you are taking a medication for another chronic illness, discuss the use of this medication with your health care provider to determine if significant drug interactions exist.

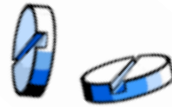
Diphenhydramine (Benadryl®)

Take For

- ☞ Allergy relief (e.g., runny nose, sneezing, itchy nose or throat, and itchy, watery eyes due to hay fever or upper respiratory allergies)
- ☞ Sleeping aid

Adult Dosage

- ✓ For allergy symptoms, take **one** or **two** (25 mg) tablets three to four times a day, as needed.
- ✓ As a sleeping aid, take **one** or **two** (25 mg) tablets at bedtime.



Possible Side Effects

- ☹ Drowsiness
- ☹ Impaired coordination
- ☹ Dry mouth and throat
- ☹ Difficult urination
- ☹ Blurred vision
- ☹ Agitation, tremors

Warnings

- ⊗ DO NOT use as a sleeping aid for more than three to five days.
- ⊗ DO NOT take this medication when alertness and normal motor coordination are required. Use caution when driving a motor vehicle or operating machinery.
- ⊗ AVOID alcohol, sedatives, and tranquilizers when taking this medication, as these combinations may increase drowsiness.



Imodium® (Loperamide)

Take for Diarrhea (non-antibacterial treatment)

Adult Dosage

- ✓ Take **two** (2 mg) capsules initially, followed by **one** capsule after each unformed stool.
- ✓ Drink plenty of water, clear liquids, oral rehydration solution, and/or sports drinks while taking this medication.
- ✗ **DO NOT** take more than eight (2 mg) capsules in a 24-hour period.



Possible Side Effects

- ⊖ Constipation
- ⊖ Drowsiness
- ⊖ Lethargy
- ⊖ Nausea
- ⊖ Abdominal distention or discomfort
- ⊖ Allergic skin rash

Warning

- ⊖ **DO NOT** take this medication if you have a high fever or bloody diarrhea.

Pepto-Bismol® (Bismuth Subsalicylate)

Take For

- ☞ Diarrhea
- ☞ Nausea
- ☞ Abdominal cramping
- ☞ Indigestion
- ☞ Heartburn
- ☞ Upset stomach

Adult Dosage

- ✓ Take **two** chewable (262 mg) tablets four times a day, as needed.
- ✓ Chew the tablets.
- ✓ Drink plenty of water while taking the tablets.

- ✗ **DO NOT** take more than eight doses in a 24-hour period.
- ✗ **DO NOT** take for more than 48 hours.
- ✗ **DO NOT** swallow the tablets whole.



Possible Side Effects

- ☹ Temporary blackening of tongue and stools
- ☹ Nausea
- ☹ Constipation
- ☹ Reduction in absorption of certain antibiotics

Warning

- ⊖ **DO NOT** take this medication if you are allergic to aspirin.

Povidine-Iodine Antiseptic Solution (10%)

Use For

- ☞ Abrasions
- ☞ Minor burns
- ☞ Minor cuts
- ☞ Scrapes

Application

- ✓ Cleanse skin with soap and water and dry thoroughly.
- ✓ Apply to affected areas one to three times daily.
- ✗ DO NOT use longer than one week.



Warnings

- ⊗ DO NOT use in the eyes.
- ⊗ DO NOT use on large, open wounds without a physician's direction.
- ⊗ DO NOT use if you are allergic or sensitive to iodine.
- ⊗ STOP using the solution and GET MEDICAL HELP if fever, redness, irritation, pain, or swelling occurs.

Appendix B

The “Catch 22” List

List of 22 Common Conditions, Illnesses and Diseases That You Can “Catch” on Travel

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Altitude Illness



If you travel to destinations above 4,000-6,000 feet (~1,200-1,800 meters), you should know the risks of altitude illness. This illness usually presents as one of three syndromes: acute mountain sickness (AMS), high-altitude cerebral edema (HACE), or high altitude pulmonary edema (HAPE). AMS is the most common syndrome, occurring most commonly during abrupt ascents to altitudes above 9,000 feet (~2,740 meters), although it can occur at altitudes as low as 4,000 feet (~1,200 meters). HACE is considered a severe progression of AMS HAPE may occur by itself or in conjunction with HACE.

Risk

You may or may not be susceptible to altitude illness; there are no tests that predict whether you will experience it. The most reliable indicator of how you might respond to high altitudes is your response on a previous trip to a high altitude destination (if you have been on such a trip).

Prevention

- ✓ Learn the early symptoms of altitude illness and if you have any of them, seek medical help.
- ✓ Do not go to sleep while ascending when experiencing any of the symptoms of altitude illness, no matter how minor they seem.
- ✓ Plan a gradual ascent, with extra rest days at intermediate altitudes.
- ✓ Descend, if symptoms worsen while resting at the same altitude.
- ✓ Depending upon your destination, you may be given medication to prevent altitude illness. If prescribed Diamox® (acetazolamide), take as directed, and only if you are not allergic to sulfa drugs.

Symptoms of Altitude Illness

AMS onset is delayed, usually starting 6-12 hours after arrival at a higher altitude, but occasionally more than 24 hours after ascent. AMS symptoms resemble those of an alcohol-induced hangover:

- ☹ Headache
- ☹ Fatigue
- ☹ Loss of appetite
- ☹ Nausea
- ☹ Vomiting

HACE, a progression of AMS, may present with the following symptoms in addition to the symptoms of AMS:

- ☹ Lethargy
- ☹ Confusion
- ☹ Loss of ability to coordinate muscular movement

HAPE symptoms are increased breathlessness with exertion and eventually, increased breathlessness at rest.

Treatment

An immediate descent may be necessary, especially if symptoms of HACE or HAPE occur. Take medications to prevent and treat altitude illness only as directed by your health care provider.

Cryptosporidiosis

Cryptosporidiosis is a parasitic infection caused by *Cryptosporidium parvum*, and occasionally, by other species of *Cryptosporidium*. It is transmitted by ingestion of fecally contaminated food or water, including water swallowed while swimming; by exposure to fecally contaminated environmental surfaces; and by the fecal-oral route from person to person (e.g., while changing diapers, caring for an infected person, or engaging in certain sexual behaviors).

Risk

Cryptosporidiosis occurs worldwide. Risk of infection is highest for those with greatest exposures to potentially contaminated food or water.

**Immunocompromised
Travelers Note: Be vigilant
to avoid cryptosporidiosis.
Your risk of complications
is higher than for others.**

Prevention

- ✓ Follow Safe Food and Drink Practices on pages 17-18 at all times.
- ✓ Immunocompromised travelers must ensure that water they drink is disinfected in such a way so that it kills chlorine-resistant *Cryptosporidium* oocysts.
- ✓ Ask your health care provider for additional assistance.

Symptoms and Sequelae

Symptoms typically last from six to ten days, but may last up to several weeks. Symptoms include:



Persons with severely weakened immune systems may experience chronic, severe, or fatal infection.

Treatment

Medications are available to treat cryptosporidiosis. Consult your health care provider or an infectious disease specialist, as needed.

Deep Vein Thrombosis (DVT)

Deep vein thrombosis (or deep venous thrombosis) affects mainly veins in the lower leg and thigh. It involves the formation of a clot (thrombus) in the larger veins of the area. The thrombus may interfere with circulation of the area, and it may break off and travel through the bloodstream (embolize). The embolus thus created can lodge in the lungs, heart, or other area, causing severe illness that could potentially be lethal.

Risk

Risks include prolonged sitting, bedrest or immobilization (such as on long plane or car trips), recent surgery or trauma (especially hip, knee, or gynecological surgery), childbirth within the last six months, and the use of medications such as estrogen and birth control pills.

Prevention

- ✓ Walk around frequently during long car, plane, or train trips.
- ✓ If you must remain seated, continue to move your legs and feet, and rotate your ankles frequently.
- ✓ Contract and relax calf and leg muscles frequently to stimulate the movement of blood throughout legs and thighs.
- ✓ Stay well hydrated.
- ✓ Avoid excess caffeine, excess alcohol, and sedatives.

Symptoms

Leg pain or tenderness (almost always in one leg only)
 Calf tenderness with ankle movement or when bearing weight
 Redness or change in skin color of one leg
 Increased warmth of one leg
 Swelling of only one leg



Treatment

Seek immediate medical help if you have signs or symptoms of DVT. If you experience symptoms while in flight, elevate your leg if possible, and consider applying warm compresses to the affected area.

Dengue Fever

Dengue Fever is a viral disease transmitted by *Aedes* mosquitoes. An estimated 50-100 million cases occur each year worldwide.



Risk

This disease is rapidly expanding in most tropical and subtropical areas.

Prevention

Follow Insect Protection Practices on page 16.

Symptoms and Sequelae

Symptoms most commonly appear 4-7 days after being bitten by an *Aedes* mosquito.



- ⊗ High fever
- ⊗ Severe frontal headache
- ⊗ Joint and muscle pain
- ⊗ Nausea
- ⊗ Vomiting
- ⊗ Rash
- ⊗ Retro-orbital pain (pain behind the eyes)

Dengue can also present as the severe, sometimes fatal, dengue hemorrhagic fever.

Treatment

- ✓ Take acetaminophen (not aspirin) products to manage fever
- ✓ Drink plenty of fluids
- ✓ Rest
- ✓ Prompt infusion of intravenous fluids (may need in severe cases)
- ✗ **DO NOT** take acetylsalicylic acid (aspirin) or nonsteroidal anti-inflammatory agents (such as ibuprofen), because of their anticoagulant properties, which could potentially worsen dengue hemorrhagic fever.

Giardiasis

Giardiasis is a diarrhea illness that occurs worldwide. It is caused by a parasite that lives in the intestines of people and animals and is passed in their feces.

Risk

The risk of infection increases with duration of travel. Risk is highest for those who live or visit rural or back country areas, or who frequently eat or drink in areas that have poor sanitation or inadequate drinking water treatment facilities.

Prevention

Follow Safe Food and Drink Practices on pages 17 – 18.

Symptoms

Symptoms occur about 1-2 weeks after ingestion of the parasite and usually last more than five days.

- ☹ Frothy diarrhea
- ☹ Abdominal cramps
- ☹ Nausea
- ☹ Bloating
- ☹ Gas (sour stomach and malodorous flatulence)
- ☹ Fatigue

Significant weight loss and eventual anorexia may occur, if giardiasis is left untreated.

Treatment

Metronidazole, tinidazole, or another effective antimicrobial drug is typically used to treat giardiasis. (If applicable, see metronidazole information in Appendix A.)

Heat Illnesses

Excessive heat and humidity or strenuous activity under hot, humid conditions can lead to heat cramps, severe muscle cramps caused by salt and water deficiency. If fluids and minerals are not replaced fast enough, the body's thermoregulation system can overheat and the progressively more serious conditions of heat exhaustion and heat stroke may develop.



Risk

Highest risk areas include tropical and subtropical areas of the world.

Prevention

- ✓ Stay indoors or out of the sun during midday, if possible.
- ✓ (Typical peak sun time is from 10:00 a.m. to 2:00 p.m.)
- ✓ Wear a wide-brimmed hat.
- ✓ Wear light-weight, long-sleeved shirts, and pants.
- ✓ Wear wraparound sunglasses with 100% UV ray protection.
- ✓ Use SPF > 15, UVA ray and UVB ray protective sunscreen.
- ✓ Use a minimum SPF 15 lipscreen.
- ✓ Reapply sunscreen and lipscreen per package directions.
- ✓ Keep well hydrated. Drink 8 oz. of water, rehydration solution, or dilute sports drinks for each 15 minutes of moderate activity.
- ✓ Avoid alcohol and excess caffeine when at risk for heat illness.
- ✓ Work or take breaks as needed in shaded, cooler areas.
- ✓ Pace yourself; don't overdo it, especially in heat or sun.
- ✓ With adequate hydration, citrus fruits and bananas may help prevent heat cramps.

Symptoms of Heat Cramps

The main indicator of heat cramps is severe cramping of arms, legs, or abdominal muscles, while working or relaxing.

Treatment for Heat Cramps

- ✓ Move to shade.
- ✓ Drink rehydration solution or a dilute sports drink.

Symptoms of Heat Exhaustion

- | | |
|--|--|
| <input type="checkbox"/> Extreme thirst | <input type="checkbox"/> Rapid breathing |
| <input type="checkbox"/> Cold, clammy, moist pale skin | <input type="checkbox"/> Anxiety or agitation |
| <input type="checkbox"/> Fatigue or weakness | <input type="checkbox"/> Fainting or coordination loss |
| <input type="checkbox"/> Heavy perspiration | <input type="checkbox"/> Loss of appetite |
| <input type="checkbox"/> Low to normal blood pressure | <input type="checkbox"/> Nausea or vomiting |
| <input type="checkbox"/> Clouded senses or judgment | <input type="checkbox"/> Slightly low oral temperature |

Treatment for Heat Exhaustion

If you suspect heat exhaustion in yourself or someone else:

- | | |
|--|---|
| <input checked="" type="checkbox"/> Get to shade | <input checked="" type="checkbox"/> Drink rehydration solution |
| <input checked="" type="checkbox"/> Fan yourself or the victim | <input checked="" type="checkbox"/> Pour water and ice on victim or have someone ice you down |
| <input checked="" type="checkbox"/> Elevate legs | <input checked="" type="checkbox"/> Stay until medical help arrives |
| <input checked="" type="checkbox"/> Remove or loosen clothing and boots or shoes | |
| <input checked="" type="checkbox"/> Massage limbs | |

Symptoms of Heat Stroke

Heat exhaustion could progress to heat stroke, often accompanied by the following early symptoms:

- | | |
|--|--|
| <input type="checkbox"/> High fever | <input type="checkbox"/> Constricted pupils |
| <input type="checkbox"/> Hot, red, or flushed skin | <input type="checkbox"/> High blood pressure |
| <input type="checkbox"/> No perspiration on skin | <input type="checkbox"/> Headache or dizziness |
| <input type="checkbox"/> Rapid pulse | <input type="checkbox"/> Confusion or disorientation |
| <input type="checkbox"/> Difficulty breathing | <input type="checkbox"/> Nausea or vomiting |

Advanced symptoms of heat stroke include:

- Seizure or convulsions
- Collapse
- Loss of consciousness
- No detectable pulse
- Coma

Treatment for Heat Stroke

- Rapid cooling with ice packs or cool water.
- Apply to armpits, elbows, wrists, or backs of knees.
- Get medical help immediately and stay with the victim.

Hepatitis A

Hepatitis A is an infection of the liver caused by the hepatitis A virus. The virus is spread from person to person by putting anything in the mouth that has been contaminated with the stool of a person with hepatitis A virus. Infection can be spread by:

- ✓ Eating fruits, vegetables, or other contaminated food.
- ✓ Eating raw shellfish harvested from sewage-contaminated water.
- ✓ Swallowing contaminated water or ice.

Risk

Risk is highest for those who live or visit rural or back country areas, or who frequently eat or drink in areas that have poor sanitation or inadequate drinking water treatment facilities. Risk for hepatitis A infection is substantial for all international travelers.



Prevention

- ✓ Vaccination is strongly recommended.
- ✓ Wash hands thoroughly with soap and water, especially after using a restroom, changing a diaper, or before preparing or eating food.
- ✓ Follow Safe Food and Drink Practices on pages 17-18.

Symptoms

Symptoms range from none at all to a mild illness lasting 1-2 weeks to a severely disabling disease lasting several months. They include:

- ☹ Fever
- ☹ Malaise
- ☹ Poor appetite
- ☹ Abdominal discomfort
- ☹ Jaundice (dramatic skin/eyes yellowing) may occur after a few days



Treatment

No specific treatment is available for persons with hepatitis A. Supportive care, rest, adequate hydration, and medications to treat symptoms may be useful.



Hepatitis B

Hepatitis B is a liver infection caused by a virus that is transmitted through activities that involve contact with blood or blood-derived fluids.

Risk

Overall risk is low, except for certain travelers to areas where chronic hepatitis B virus infection prevalence is high or intermediate.

Prevention

Vaccination is strongly recommended if travel is to areas of intermediate to high levels of endemic transmission and you:



- ✓ will have close daily or physical contact with the local population.
- ✓ work in a health care field or may be exposed to human blood.
- ✓ anticipate sexual activity.
- ✓ are likely to seek medical, dental, cosmetic (such as tattooing), or other local treatment in the destination area.

Symptoms and Sequelae

Symptoms range from none at all to a mild illness lasting 1-2 weeks to a severe, life-threatening liver disease. Symptoms can include:

- ☹ Fever
- ☹ Malaise
- ☹ Poor appetite
- ☹ Vomiting
- ☹ Nausea or abdominal discomfort
- ☹ Jaundice (dramatic skin/eyes yellowing) may occur after a few days



☞ Potential sequelae include liver disease, scarring or cirrhosis of the liver, and liver cancer.

Treatment

No specific treatment is available for acute illness caused by hepatitis B. Supportive care, rest, adequate hydration, and medications to treat symptoms may be useful.



Influenza

Influenza (the “flu”) is caused by infection with either Influenza A or B virus of varied subtypes. Seasonal epidemics occur in many areas of the world on a regular basis.

Risk

The specific destination and time of travel greatly affect influenza risk. All international travelers have some potential influenza risk given the increasing mobility of the world’s people and general globalization.

Prevention

- ✓ Vaccination is recommended annually, especially for travelers who are at increased risk of flu complications.
- ✓ Wash hands thoroughly with soap and water, especially after using a restroom, changing a diaper, or before preparing or eating food.
- ✓ Unvaccinated, exposed persons at high risk of flu complications should consider post-exposure treatment with antiviral medications.



Symptoms and Sequelae

- ⊗ Fever
- ⊗ Malaise
- ⊗ Cough
- ⊗ Congestion
- ⊗ Pneumonia
- ⊗ Worsening of chronic heart or lung conditions



Treatment

Antiviral medications and treatments for symptoms are available for persons with acute influenza infection. Supportive care, rest, adequate hydration, and medications to treat symptoms may be helpful for anyone with the flu. Seek medical help if symptoms are severe or if shortness of breath develops.



Japanese Encephalitis

Japanese encephalitis is a common mosquito-borne viral encephalitis (an inflammation or irritation and swelling of the brain with the presence of extra immune cells).



Risk

Risk to short-term and urban area travelers is very low.

Transmission occurs mainly in rural, agricultural areas during summer and autumn in temperate regions of China, Japan, Korea, and eastern Russia.

Prevention

- ✓ Vaccination is recommended for travelers to endemic areas for prolonged periods of time or during certain seasons of the year.
- ✓ Follow Insect Protection Practices on page 16.



Symptoms and Sequelae

Symptoms may develop from six days after initial exposure to several months after departure from a malaria-endemic area. Most infections are asymptomatic; however, any of these symptoms may occur:

- | | |
|-----------------------------------|---------------------|
| ⊗ Fever | ⊗ Impaired judgment |
| ⊗ Headache | ⊗ Drowsiness |
| ⊗ Vomiting | ⊗ Weak muscles |
| ⊗ Confusion | ⊗ Clumsiness |
| ⊗ Heightened sensitivity to light | ⊗ Unsteady gait |
| ⊗ Stiff neck and back | ⊗ Irritability |

Sequelae may include loss of consciousness, seizures, muscle weakness, or sudden, severe dementia. Neuropsychiatric sequelae are reported in 50% of survivors. Death can occur in up to 30% of those experiencing illness.

Treatment

Supportive care and medications to treat symptoms may decrease certain complications and provide relief.



Jet Lag

Jet lag is a condition that strikes travelers who have crossed multiple time zones. Other factors contributing to jet lag include the dry air and pressurization of plane cabins, preflight fatigue, lack of exercise during the flight, and alcohol consumption.

Risk

Risk of jet lag increases with the number of time zones crossed.



Prevention

Before the Flight

- ✓ Slowly move sleep to awaken at times to those of your destination.
- ✓ Drink plenty of fluids the day before a flight.

During the Flight

- ✓ Maintain a regular sleep schedule during the flight, if possible.
- ✓ Avoid too much caffeine or alcohol while traveling.

After the Flight

- ✓ Keep regular sleep schedule in destination; avoid naps, if possible.
- ✓ Keep well hydrated.
- ✓ Exercise.

Symptoms

- ☹ Dehydration
- ☹ Fatigue
- ☹ Irritability
- ☹ Broken sleep after arrival

Don't start taking sleep medications until you arrive in the destination country. Do not use them on the airplane!

Treatment

Rest, hydration, and supportive care will decrease symptoms. Sleeping aids, such as diphenhydramine (Benadryl®) or prescription sleep medications may also aid in normalizing sleep/wake cycles upon arrival. (See Diphenhydramine in Appendix A.)

Malaria

Malaria is a mosquito-borne, life-threatening disease. A major public health problem in many areas of the world, it causes up to 500 million infections worldwide and one million deaths annually. Even with good prevention efforts, you may still be at risk for contracting malaria.



Risk

Ask your travel medicine provider about your destination's specific risk.

Prevention

- ✓ Preventive prophylaxis is required of travelers to malaria-endemic areas.
- ✓ Use prophylaxis correctly and consistently.
- ✓ Continue taking it on return from travel until it is gone.
- ✓ Follow Insect Protection Practices on page 16.



Symptoms and Sequelae

Symptoms may develop from six days after initial exposure to several months after departure from malaria-endemic areas. Symptoms can also occur after preventive treatments have been discontinued.

- | | | |
|--------------------------------------|---|---|
| <input type="checkbox"/> Fever |  | <input type="checkbox"/> Anemia |
| <input type="checkbox"/> Chills | | <input type="checkbox"/> Mental confusion |
| <input type="checkbox"/> Headache | | <input type="checkbox"/> Seizures |
| <input type="checkbox"/> Malaise | | <input type="checkbox"/> Jaundice (dramatic yellowing of skin and eyes) |
| <input type="checkbox"/> Muscle pain | | |

Serious sequelae could include coma and death.

Treatment

The CDC Clinic or a travel medicine provider may prescribe malaria self-treatment to be used only as needed. Self-treatment should be taken only if you have a fever, chills, or other flu-like symptoms and prompt medical care will not be available within 24 hours. Medical advice should still be sought as soon as possible after self-treatment.

Motion Sickness

Motion sickness occurs when the body is subjected to accelerations of movement in different directions or under conditions where visual contact with the horizon is lost. Motion sickness can occur while traveling by motor vehicle, train, boat, or plane.



Risk

If you have experienced motion sickness in motor vehicles, you may experience motion sickness on a plane, train, or ship.

Prevention

- ✓ Choose a seat with the smoothest ride (front seat of a car, forward car of a train, or the seat over the wing of a plane).
- ✓ Face forward and look outside.
- ✓ Focus on a distant object.
- ✓ Minimize head movement.
- ✓ Lie down, if necessary and if possible.

Symptoms

- ☹ Dizziness
- ☹ Nausea
- ☹ Vomiting
- ☹ Pallor
- ☹ Cold sweats

Treatment

Dimenhydrinate (Dramamine® or driminate) will decrease the symptoms of motion sickness. If you use this medication, take the first dose 30-60 minutes before traveling. Use caution, as it can also make you drowsy. (See dimenhydrinate in Appendix A.)

Rabies

Rabies is an acute, fatal encephalomyelitis caused by viruses and almost always transmitted by an animal bite.

Risk

Dogs are the main source of rabies in resource-poor countries. Bats and other carnivores are also potential sources.



Prevention

- ✓ Vaccination is recommended for travelers who will be in certain areas of risk for prolonged periods of time.
- ✓ Avoid contact with local domestic or wild animals.
- ✓ Assure that sleeping areas are well protected from bats.

Symptoms and Sequelae

Symptoms of rabies infection include:

- ☹ Spasms of swallowing muscles stimulated by the sight, sound, or perception of water (hydrophobia)
- ☹ Delirium
- ☹ Convulsions

Sequelae include paralysis, coma, and death.

Treatment

- ✓ Wash animal bite with soap and running water or povidone-iodine solution for at least 20 minutes.

For any mammal bite received during international travel, get prompt medical evaluation for potential rabies exposure from the nearest, credible source of health care. This advice applies even if you received the pre-exposure rabies series.

Respiratory Tract Infections

Respiratory infections are commonly caused by viruses, but can be caused by bacteria and other organisms. Infections vary in severity.

Risk

Respiratory tract infections may be more common in areas where allergens, dust, and other respiratory tract irritants predispose persons to infection (e.g., areas with large amounts of outdoor pollution, dust, or other harsh conditions). Crowded areas such as airports and busy markets may also increase risks.

Prevention

- ✓ Wash hands often, especially before touching your or another's face, nose, or mouth, and before eating.
- ✓ Certain vaccinations (influenza and pneumococcal) may decrease the risk of respiratory infections.

Symptoms

- ☹ Fever
- ☹ Cough
- ☹ Runny nose
- ☹ Congestion
- ☹ Post-nasal drip
- ☹ Shortness of breath
- ☹ Chest pain



Treatment

- ✓ Mild symptoms may be treated with over-the-counter cough and cold medications, analgesics, and increased fluids.
- ✓ Respiratory symptoms with chest pain and high fever should prompt immediate medical evaluation from a credible health care provider.

Schistosomiasis

Schistosomiasis is caused by flukes, whose complex life cycles involve certain freshwater snails as intermediate hosts. Infected snails release free-swimming larvae that can penetrate unbroken human skin. Even brief exposure to contaminated freshwater, such as wading, swimming, or bathing, can result in infection.



Risk

South America, Africa, Middle East, China, India, other Asian countries, and Irian Jaya (western half of New Guinea). The highest prevalence is in Brazil, sub-Saharan Africa, southern China and the Philippines.

Prevention

Infested and non-infested waters are difficult to distinguish; therefore, avoid freshwater wading or swimming if your destination is an endemic country.

Symptoms

Although symptoms can occur up to three weeks after exposure, most acute infections are asymptomatic. The most common acute syndrome is Katayama Fever. Symptoms of Katayama Fever include:

- | | |
|---------------------|--------------------------|
| ☹️ Fever | ☹️ Headaches |
| ☹️ Loss of appetite | ☹️ Blood in urine |
| ☹️ Nausea | ☹️ Joint and muscle pain |
| ☹️ Abdominal pain | ☹️ Weight loss |
| ☹️ Diarrhea | ☹️ Cough |



Chronic infections can cause disease in the intestinal tract, bladder, liver, kidneys, or lungs.

Treatment

Medications are available to treat schistosomiasis. If needed, consult an infectious disease specialist or tropical medicine specialist.

Sexually Transmitted Diseases (STDs)

Sexually transmitted diseases are the infections and resulting clinical syndromes caused by more than 25 infectious organisms transmitted through sexual activity.

Risk

You are at risk of contracting an STD if you have sexual contact with a partner who has an STD.

It's a Fact! Up to one-third of single travelers contract an STD while on travel... Don't let it happen to you!

Prevention

- ✓ Refrain from sexual contact with persons who might be infected with an STD.
- ✓ Use a latex condom consistently and according to package directions during every occurrence of such activity, if engaging in sexual activity with anyone other than your monogamous, pre-travel partner.

Symptoms and Sequelae

STDs are often asymptomatic, especially in women. Symptoms and sequelae vary by STD. If you have an STD, you may experience:

- ⊗ Vaginal or urethral discharge
- ⊗ Genital or pelvic pain
- ⊗ Rash or genital lesion(s)

Serious sequelae can include:

- | | |
|-------------------------------|--|
| ⊗ Pelvic inflammatory disease | ⊗ Stillbirth or neonatal infections in offspring of affected women |
| ⊗ Genital cancers | ⊗ AIDS (in case of HIV infection) |
| ⊗ Infertility | ⊗ Death (AIDS or tertiary syphilis) |

Treatment

If you might have been exposed to an STD, consult your health care provider about possible screening and necessary treatment.

Skin Infections

Skin infections may be caused by traumatic bites, scratches, abrasions, or other injury when bacteria, fungal elements, or viruses enter skin.

Risk

Warm, humid conditions can aggravate athlete's foot, ringworm, or yeast infections. Dry or dusty environmental conditions also can increase the risk of other skin infections.

Prevention

Keep skin dry if you are in warm, humid conditions, and clean and moisturized if you are in dry or dusty conditions.

Symptoms

- ☹ Redness
- ☹ Rash
- ☹ Blistering
- ☹ Pain
- ☹ Swelling
- ☹ Discharge

Treatment

- ✓ Clean cuts, scrapes, and scratches promptly and thoroughly with warm, soapy water for 5-10 minutes.
- ✓ Symptoms of minor localized or limited infections may heal on their own, but should be monitored closely. Topical antibacterial or antifungal ointments or creams may help speed healing.
- ✓ Infections that are larger, persistent, worsening, or accompanied by fever should be promptly evaluated.



Travelers' Diarrhea

Travelers' diarrhea, the most common illness affecting international travelers, is acquired through ingestion of food or water (or both) contaminated with various disease-causing organisms. The presence of unfamiliar organisms in the gastrointestinal tract may overcome individual defense mechanisms and result in diarrhea.

Risk

High Risk: Most low-income countries in Latin America, Africa, the Middle East, and Asia.

Intermediate Risk: Most southern European countries and a few Caribbean islands.

Low Risk: Canada, the USA, northern Europe, Australia, New Zealand, and some Caribbean islands.

Prevention

Follow Safe Food and Drink Practices on pages 17-18.

Symptoms

Travelers' diarrhea can begin during travel or soon after returning home. It is possible to have more than one attack of travelers' diarrhea during a single trip. Symptoms include:

- | | |
|--------------------------------|------------|
| ☹ Watery stools (~4-5 per day) | ☹ Urgency |
| ☹ Bloating | ☹ Fever |
| ☹ Abdominal cramps | ☹ Malaise |
| ☹ Nausea | ☹ Vomiting |



Illness usually lasts 3-4 days and only 10 percent of cases last longer than one week.

Treatment

See Travelers' Diarrhea box on page 21. In general, self-treatment with antibiotics and Imodium[®] is indicated for diarrheal conditions associated with moderate or severe symptoms. If bloody stool, distended abdomen, or high fever is present, or if symptoms worsen or are prolonged, seek medical help promptly.

Tuberculosis (TB)

Tuberculosis infection is caused by *Mycobacterium tuberculosis*, a bacterium that is generally transmitted through the air. Less commonly, tuberculosis can be transmitted through pasteurized milk or milk products obtained from infected cattle.

Risk

In many other countries, tuberculosis is much more common than in the United States. Worldwide, it is an increasingly serious and growing public health problem. Get a TB test prior to departure and again upon returning home.

Prevention

- ✓ Avoid exposure to known tuberculosis patients in crowded environments such as hospitals or prisons.
- ✓ Consult infection control or occupational health experts for personal respiratory protection if you work in a hospital or health care setting.

Symptoms

- ☹ Fever
- ☹ Cough
- ☹ Bloody sputum
- ☹ Prolonged sputum production
- ☹ Night Sweats
- ☹ Weight loss



Treatment

If you believe you might have been exposed to tuberculosis, consult your health care provider for a medical evaluation and necessary medical treatment in-country or upon return.

Typhoid Fever

Typhoid Fever is an acute, life-threatening illness with fever, caused by the bacterium *Salmonella enterica Typhi*.

Risk

Risk is greatest for travelers to the Indian subcontinent and other low income countries (in Asia, Africa, Central and South America) who will have prolonged exposure to potentially contaminated food and drink.

Prevention

- ✓ Vaccine is recommended for travelers to areas with a recognized risk for exposure to *Salmonella enterica Typhi*; vaccine is not 100% effective and does not substitute for safe food and drink practices.
- ✓ Follow Safe Food and Drink Practices on pages 17-18.

Symptoms

The hallmark of infection is persistent, high fevers. Common symptoms include:



- ☹ High persistent fever
- ☹ Headache
- ☹ Malaise
- ☹ Anorexia
- ☹ Enlargement of the spleen
- ☹ Slower than expected heart rate

Treatment

- ✓ Antibiotics are indicated for treatment under direct guidance of a physician. Treatment of symptoms, supportive care, and hydration are also important.

Yellow Fever

Yellow Fever is a mosquito-borne viral disease. The virus that causes it is maintained in nature by transmission between nonhuman primates and mosquito vectors.



Risk

The disease occurs only in sub-Saharan Africa and in tropical South America.

Prevention

- ✓ Vaccine is required for travelers to endemic areas, often as a condition of entry.
- ✓ Follow Insect Protection Practices on page 16.



Symptoms

Illness ranges in severity from a flu-like syndrome (with fever) to yellow skin or jaundice and hemorrhagic fever.



Treatment

- ✓ No definitive treatment exists.
- ✓ Supportive and symptomatic treatments are recommended.
- ✓ Evaluation by a credible health care provider is strongly recommended for those who suspect yellow fever infection.