

Travel Visit Counseling

Malaria prophylaxis with malarone: Take one tablet daily starting two days prior to travel, and continue until 7 days after return to the US. Take with food. Common side effects include GI upset.

Malaria prophylaxis with mefloquine: Take one tablet weekly, starting one week prior to travel and continue until 4 weeks after return to the US. Common side effects include vivid or disturbing dreams, dizziness. Should NOT be taken if you have a history of severe depression, bipolar disorder, psychosis, or other psychiatric illness.

Seek medical care immediately in the event of illness and avoid exposure to sick people.

Avoid all contact with animals to prevent rabies, and if you are bitten, immediately seek care in a facility that can administer or acquire Rabies immune globulin. If desired, we offer rabies vaccination series (series of 3 injections, not covered by insurance)

HIV post-exposure prophylaxis: If you are exposed to blood (i.e. needlestick), BLOODY body fluid (i.e. amniotic fluid containing blood, peritoneal fluid containing blood, etc.), or genital secretions from a person with HIV or someone with unknown HIV status, you should immediately begin taking post-exposure HIV medications. These medications should be taken for 30 days post-exposure. You should get HIV testing immediately, the patient should be tested immediately (if possible), and you should receive periodic testing post-exposure once you've returned to the US. Please notify occupational health services, the medical school, and the travel clinic if this occurs.

Use condoms every time you have sex to prevent sexually transmitted diseases

Wear seatbelt every time you travel in a car (this is the number one killer of travelers abroad)

Keep a copy of your travel insurance information (SOS) with you and keep a copy with your family or friends at home, and inform SOS immediately of illness, injury, passport theft, or safety concerns.

Take a photocopy of your passport with you and keep a copy at home, consider traveling with extra passport sized photos for quick passport replacement in the event it is lost or stolen.

Register your trip with the state department on their website (<http://www.state.gov/travel/>), and with International SOS.

Keep a record of your credit card companies' international phone number in the event you need to cancel them if they are stolen.

Be sure to use good hand hygiene, washing frequently with soap and water or hand sanitizer

Avoid eating raw or undercooked vegetables, fruits, or meats or unpasteurized dairy products and be sure the water you are drinking is bottled. Avoid any drinks with ice or anything (e.g. salads, fruits etc) that has been washed in unbottled water.

Mosquito avoidance: Cover exposed skin, and use an appropriate insect repellent containing DEET. Consider permethrin-treated clothing and gear (such as boots, pants, socks, and tents). You can buy pre-treated clothing and gear or treat them at home using a spray. Treated clothing remains protective after multiple washings. Permethrin should NOT be used directly on skin. Stay and sleep under in air-conditioned or screened rooms and use a bed net while sleeping.

If you feel unwell in the days to weeks following your return to the U.S., please return to the clinic for an evaluation for travel-related infections.

You may have fevers, chills, headache, rash, or GI upset after your vaccinations as well as pain at the injection site. This is normal. You can take tylenol or ibuprofen for symptomatic relief. If you experience confusion, fever greater than 103F, hives, shortness of breath, facial or lip swelling, please go to the emergency room immediately.