

AT EVERY VISIT

Ask “Do you plan to travel internationally in the next 6-12 months?”

Discuss the importance of travelers' health before future travel and express the need to seek care, ideally 4-6 weeks before travel.

REFER TO A TRAVEL HEALTH CLINIC

Whenever possible, refer patients to [International Travel Health Clinics Serving Minnesota Residents \(www.health.state.mn.us/people/immunize/basics/travel/yfclinic.html\)](http://www.health.state.mn.us/people/immunize/basics/travel/yfclinic.html). Discuss anticipated costs and recommend calling insurance company to ask about costs.

OR PROVIDE TRAVELERS' HEALTH

Discuss destination(s), location type (e.g., rural, urban), duration, companions, activities, and other travel details. Refer to [Heading Home Healthy \(www.headinghomehealthy.org\)](http://www.headinghomehealthy.org) for individual patient-based recommendations and [CDC: Travelers' Health \(wwwnc.cdc.gov/travel\)](http://wwwnc.cdc.gov/travel) for additional guidance.

Routine Vaccines

- Ensure patient(s) are up to date with all routine vaccines
- Emphasize importance of measles (MMR) vaccine
- Infants 6-12 months need 1 dose MMR before travel
- Children ≥ 12 months need 2 MMR doses separated by at least 28 days before travel

Traveler's Health Vaccines

- Based on destination(s) these might include yellow fever (YF), typhoid, Japanese encephalitis, meningococcal (required for Hajj or Umrah)
- YF vaccine only given in licensed clinics: [International Travel Health Clinics Serving Minnesota Residents \(www.health.state.mn.us/people/immunize/basics/travel/yfclinic.html\)](http://www.health.state.mn.us/people/immunize/basics/travel/yfclinic.html)

Malaria Prophylaxis

- Prescribe malaria prophylaxis, if recommended for the destination
- Refer to [Malaria Prophylaxis for the Primary Care Provider \(www.health.state.mn.us/diseases/travel/hcp/medrecs.pdf\)](http://www.health.state.mn.us/diseases/travel/hcp/medrecs.pdf)

Pre-traveling Counsel

Food and drink safety:

- Avoid drinking tap water
- “Boil it, peel it, cook it, or forget it”
- Hand hygiene

Vector-borne disease prevention:

- Insect repellents (20% DEET or picaridin)
- Long sleeves and pants
- Insecticide-treated bed nets as needed

Transportation safety:

- Always wear seatbelts, use car seats
- Wear helmets when riding motorcycles

Animal safety:

- Avoid contact with animals
- Seek immediate care for bites/scratches

Safer sex and STIs