

Pre-Travel Health Consultation Worksheet

The Center for Global Education *strongly recommends* a pre-travel health consultation with CSB/SJU Health Services or your private medical provider before you study abroad. The Center for Global Education is not a travel health expert; therefore, we have compiled the resources below to help you be a safe, healthy and smart traveler.

KEY ITEMS TO KEEP IN MIND...

- Pre-travel consult is **FREE** at CSB/SJU Health Services and can be done at either location (CSB or SJU) for **ALL** students.
- PLAN AHEAD! Medical practitioners' schedules fill fast. Schedule your pre-travel health consultation **AT LEAST 6 WEEKS** before you plan to leave the U.S.
- Many vaccines are given in series, often over the course of several weeks, re-enforcing the need to schedule your pre-travel health consultation early.
- Visit the CDC website (www.cdc.gov) to educate yourself regarding health issues in your travel destinations.
- Be sure to work with Zurich Insurance provided by CSB/SJU to make any necessary arrangements for your health while you are abroad.

BEFORE YOUR PRE-TRAVEL HEALTH CONSULTATION...

For your health care provider to give you the best information, you need to be prepared with the following information:

***NOTE-If you are scheduling your Pre-Travel Health Consultation with CSB/SJU Health Services, you should log onto the Patient Portal to complete the travel health form. Once the form has been completed and reviewed by CSB/SJU medical staff, an appointment can be scheduled. Here is the link to the Patient Portal: <https://stbenedict.medicatconnect.com/> Log in with your CSB/SJU username and password to access the portal.**

1. Compile your complete **PERSONAL HEALTH HISTORY**, including

- Immunization records – *know what they were and the dates*
- List of current medications – *know the name(s) and dosage(s)*
- Known allergies – *medications / food / environmental / etc.*
- Physical / mental / emotional health concerns
- Previous international travel

2. **PROGRAM INFORMATION** – When compiling this information about your trip, you should consider the itinerary and activities included with your CSB/SJU study abroad experience **AND** your personal travel plans.

- Itinerary – List all countries and cities to be visited **AND** dates:

_____	_____
_____	_____
_____	_____

- Know your destination – Is it Urban / Rural / Remote / High Altitude / Beach?
- Where will you be staying? – Apartment / Home Stay / Residence Hall / Hostel / Camping
- Planned Activities (If you think you **MAY** do any of these activities, discuss possible health and safety outcomes with your health care provider.)

- | | | |
|--|---|----------------------------------|
| <input type="checkbox"/> Air travel | <input type="checkbox"/> Hiking | <input type="checkbox"/> Scuba |
| <input type="checkbox"/> Public transport | <input type="checkbox"/> Contact with animals | <input type="checkbox"/> Boating |
| <input type="checkbox"/> Visiting schools | <input type="checkbox"/> Climbing/trekking | <input type="checkbox"/> Rafting |
| <input type="checkbox"/> Visiting hospitals | <input type="checkbox"/> Cave/spelunking | <input type="checkbox"/> Other: |
| <input type="checkbox"/> Visiting orphanages | <input type="checkbox"/> Swimming | |
| <input type="checkbox"/> Biking | <input type="checkbox"/> Snorkeling | |

3. **ADDITIONAL QUESTIONS/CONCERNS** you want to discuss with your medical practitioner:
