

Visit the UF [International Travel Clinic](#) or the [UF Student Healthcare Center](#)

Visit months, not weeks, before departure. **Discuss During Pre-Travel Medical Consultation:** Immunizations, Malaria Prophylaxis, Traveler's Diarrhea, Respiratory Illness including Influenza, TB, MERS, other Vector Borne Diseases, Altitude sickness, Environmental Hazards, Sexual health, Bloodborne Pathogens and supply of Post-Exposure Prophylaxis (PEP) if not available in country.

Country Specific Health Information [Visit CDC.gov](#)

In addition to travel related vaccinations, all healthcare workers should be up to date on all routine vaccinations: Measles, Influenza, Varicella, Hepatitis B, Tetanus, Diphtheria, Pertussis and regular screening for latent TB infection with TST or IGRA is recommended if traveling in high TB incidence area.

Prescriptions

Keep in original containers while traveling.

Personal Health Records in the Foreign Language

If traveling to a country that is not fluent in English, have your medical records translated into the native language.

Bring Personal Protective Equipment

Bring own gloves, gowns, masks, aprons, and protective eye-wear.

Download ICE - In Case of Emergency App (Android) or ICE Standard (Apple), and complete the [Emergency Medical Identification Card](#)

Shows vital personal, contact, and medical information on the lock screen of your smart phone. Can put it in the language of your native country. Cut out Medical Identification Card and place in wallet.

Maintain Strict Infection Control

Follow US safety standards, not those of the country you are visiting.

Dangerous Roadways

Between 18-24% of deaths abroad are due to accidents and/or injury, while only 2% are caused by infectious disease. Road traffic accidents are the leading nonnatural cause of death while traveling outside of the U.S.. Therefore, it is imperative to research which method of transportation and which roads you will be using while traveling abroad in order to best avoid traffic. Follow link for membership to the [Association for Safe International Road Travel](#).

Dangerous Beaches

Many students drown on dangerous beaches. Only swim in lifeguard designated areas or research the water you

Water is Safe to Drink

Do you need diarrhea treatments? Stay hydrated!

Stay Alert!

You may become ill 3 weeks after returning home.