

Safe Passage Travel Medicine, P.C.

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Checklist for Travel Consultation

1. Travel Itinerary

Knowing **where** you plan to travel is essential to our providing you with the best guidance for your safe and healthy travel experience.

Please provide the exact names of the provinces and cities to which you will be traveling. Detail is important, since our database provides endemic tropical disease up-dates, current outbreak information and political status on a city-by-city basis.

Knowing **what** you plan to do is also important. Activities and side excursions may dictate a need for additional medication or advice.

2. List of Current Medications

We need to know everything you are taking, including: prescription medications, over-the-counter medications, vitamins, and nutritional supplements. Be sure to make note of the dosage of each medication.

3. History of Allergies

These may include food, drugs, insects, plants, pollens, animals, chemicals, etc.

4. Immunization Records

You would benefit from obtaining your immunization record from your primary care provider and bringing it with you to your scheduled travel consultation.

Immunization records are required for children birth to 18 years of age. We apologize, but we will **NOT** administer immunizations to children aged birth to 18 years without consulting their prior immunization record.

5. Medical History

Your medical history /conditions can have a substantial impact on your care and travel experience. It is important that you provide us with your comprehensive medical history.

6. International Certificate of Vaccination or Prophylaxis

This is otherwise known as a "yellow card". Please bring it with you. If you do not have one, we will provide one for a minimal fee.