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 CONSULATION...
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/logs 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:
     ________________________________________
     ________________________________________
     ________________________________________
     ________________________________________
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   - 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.)
     - Air travel
     - Public transport
     - Visiting schools
     - Visiting hospitals
     - Visiting orphanages
     - Biking
     - Hiking
     - Contact with animals
     - Climbing/trekking
     - Cave/spelunking
     - Swimming
     - Snorkeling
     - Scuba
     - Boating
     - Rafting
     - Other:
3. **ADDITIONAL QUESTIONS/CONCERNS** you want to discuss with your medical practitioner:

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