

Pre-Travel Health Consultation Worksheet

The Center for Global Education *strongly recommends* a pre-travel health consultation with CSB and 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 and 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](http://www.cdc.gov) (www.cdc.gov) to educate yourself regarding health issues in your travel destinations.
- Be sure to work with [insurance provided by CSB and 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 and 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 and 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 and 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 and 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.)

- ☐ 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:
