



Pretravel consultation



Pretravel consultation - Objectives



All travellers should visit a travel health clinic before their trip in order to receive consultation about vaccination and potential health risks.

The pretravel objectives are:

- ✓ to provide personalise information about health risks
- ✓ to give information about immunisation
- ✓ to educate about health behavior at the destination



Before travelling internationally



Before travel

Check destination

Find a travel medicine specialist one month before travel

Pack a health kit

Get latest updates

Make copies of important documents (credit cards, passport, itinerary)

Get health insurance



Topics to discuss

- ✓ immunisation (routine vaccines, travel vaccines including malaria prophylaxis)
- ✓ vector born diseases
- ✓ food born diseases
- ✓ traveller's diarrhea
- ✓ travel style (alone, group)
- ✓ activities (water, altitude , extreme sports)
- ✓ environmental risks (contact with animals, transportation, exposure to sun or cold)
- ✓ sexual transmitted diseases
- ✓ special conditions (underline diseases, pregnancy, medication, allergies)

You can find more about pretravel consultation at:



- <https://wwwnc.cdc.gov/travel/yellowbook/2020/preparing-international-travelers/the-pretravel-consultation>
- <https://www.cdc.gov/thinktravel/pdf/Think-Travel-Pre-Travel-Guide-508.pdf>
- https://www.who.int/ith/precautions/medical_consultation/en/





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