



## Travel Health Assessment

Have your employee complete the Travel Health Assessment Part 2 with the employee’s health care provider. The form contains confidential information that should not be shared with the employer. It’s important to complete this form to ensure safe and healthy work travel.

Applies Y/N	Concerns	Follow Up Actions	Resource	Timeline
2.A.1	Do you need vaccines? Even if you make last-minute travel plans, seek a health provider for vaccinations. Seek a pre-travel consultation at least 4–6 weeks before departure to allow enough time for protection to develop from vaccines.			
2.A.2	Do you have any existing or new health conditions? Seek guidance from a qualified healthcare professional to determine if it is safe to travel.			
2.A.3	Do you have an existing illness that could suddenly incapacitate you? Inform your supervisor and a travel companion. Let companion know what to do if you become incapacitated. Also, consider wearing medical alert bracelet.			
2.A.4	Have you addressed any chronic health conditions before traveling? See <a href="#">CDC Yellow Book</a> for information on specific chronic health problems. Ask healthcare provider if it is safe to travel.			
2.A.5	Do you know who to alert about any health conditions? Seek guidance from healthcare provider.			
2.A.6	Do you have enough medications for entire trip? Seek guidance from healthcare provider.			





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2.A.7	Do you have a health problem that needs regular monitoring? Seek guidance from healthcare provider.			
2.A.8	Do you have a condition that required a hospital stay within past year? Seek guidance from health-care provider.			
2.A.9	Do you have an illness or condition that can get worse quickly and interfere with work or travel (such as diabetes, seizure disorder, or asthma)? Seek guidance for travel from healthcare provider.			
2.A.10	Have you had surgery or been prescribed surgery or a diagnostic procedure? Seek guidance from healthcare provider.			
2.A.11	Have you discussed with healthcare provider a plan with instructions for managing any changes in or worsening of health conditions while on travel?			
2.A.12	Will you be traveling with medications? Pack copy of recent health summary or doctor's letter on letter-head describing medical conditions and list of all necessary medications. Use generic names instead of brand names. Keep all medication available in carry-on baggage. Make sure medications are in original, labeled packaging. See <a href="#">Travel.State.Gov-Country Information</a> , choose "Destination" and select "Local Laws & Special Circumstances." Some medications may be controlled or illegal substances in destination country.			





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2.A.13	Have you asked healthcare provider about the possibility of drug interactions between medications to prevent malaria and any other travel medications or chronic medications?			
2.A.14	Are you pregnant? Seek guidance from healthcare provider. See <a href="#">Traveling When Pregnant</a> .			
2.A.15	Do you have a risk of Deep Vein Thrombosis? Seek guidance from healthcare provider. See <a href="#">Deep Vein Thrombosis</a> .			
2.A.16	Are you concerned about stress and mental health issues? Seek guidance from healthcare provider. See <a href="#">Stress and Mental Health</a> .			
2.A.17	Do you have history of mental health concerns? Seek guidance from qualified healthcare professional to discuss ways to minimize issues during travel. Discuss with healthcare provider whether you should take a supply of medication to manage mental issues. Ask if taking psychotropic medications will cause problems with customs.			

