

ON CALL'S CHECKLIST FOR PREPARING & PROTECTING TRAVELERS WITH CHRONIC ILLNESSES

According to the CDC, **six in ten adults** in the U.S. have a chronic disease.

While the decision to go abroad is ultimately the traveler's, it's up to your organization to provide as much pre-trip education as possible so they can make informed choices. To give you a hand, **here's a brief checklist from our Chief Medical Officer, Dr. William Siegart:**

PREPARE TRAVELERS BEFORE THE TRIP

✓ First, are they healthy enough for travel?

Remind travelers that some conditions can weaken the immune system and predispose them to infectious illnesses and/or other health risks.



✓ Encourage travelers to talk to their doctors about specific illnesses and risks involved, and to discuss any necessary vaccines and medications.



✓ Inform them about current travel warnings related to their destinations.



✓ Prepare a list of hospitals, clinics, and physicians in areas being visited.

PROVIDE MEDICATION ADVICE AND INFORMATION



✓ Ask travelers to verify their medications are legal in the countries being visited and prepare for alternatives if not.



✓ Encourage them to create a medication dosing schedule ahead of time to avoid any confusion or missed doses.

✓ Advise travelers to bring copies of prescriptions and notes from their doctors on medical office letterhead identifying medications, conditions, and prescriptions.



✓ Recommend they keep original labels on bottles and not to remove medicine from the original containers. Medications and supplies should be packed in carry-ons, not in checked luggage.



✓ Recommend bringing one-and-a-half times more medication than needed for the length of the trip in case of emergency or extended stay.



PUT TRAVELERS AT EASE



✓ Discuss any specific accommodations and/or requirements (such as upgraded seating for medical necessity, etc.) to help ensure their travel can be completed safely.

✓ Remind travelers to know their limits and take time to rest when necessary.



✓ Encourage them to stick to their routines as much as possible—not just for medication, but also for daily activities including eating, drinking, and sleeping.

Want to learn more about travel health and holistic risk management? Contact us today!

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