



Travel Health Consult

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What is a Travel Health Consult?

Opportunity to engage with a travel health clinician to review the following:

- ❖ **Pre-travel health form in the GEO portal**
- ❖ Immunization records + recommendations
- ❖ Past medical history, allergies, medications
- ❖ Shoreland Travax traveler report - customized for your destination
- ❖ Food, water + insect precautions
- ❖ Medical insurance, access to healthcare, general travel tips, return from travel advice



Pre-Travel Health Form

- ❖ Contact the Global Engagement Office regarding access to this form in the GEO portal.



Immunization Record



- ❖ MMR
- ❖ Tetanus series, including tdap booster at age 11-12 and every 10 years
- ❖ Hepatitis A and B
- ❖ Polio series
- ❖ Varicella/Chicken Pox or hx of illness
- ❖ Meningitis ACWY after 16 years old
- ❖ Meningitis B series
- ❖ HPV/Gardasil
- ❖ Seasonal influenza and COVID-19

Immunization Record (cont.)

- ❖ The travel nurse clinician will review vaccine records that were submitted as an incoming student and any additional vaccines updated since that time.
- ❖ Routine childhood immunizations should be up to date, but this is an opportunity to review and update any necessary vaccines.
- ❖ Measles, Mumps, Rubella (MMR): routine childhood immunization, 2 shot series, best protection is provided if first shot given after first birthday and second in early childhood. This is a live virus vaccine.

Measles - viral illness that causes respiratory symptoms, fever, and rash.

Mumps - viral illness that affects the salivary glands, often causing fever and swollen jaw.

Rubella/German Measles - viral illness that causes respiratory illness, fever and rash.

Immunization Record (cont.)

- ❖ Tetanus, Diphtheria and Pertussis (DTP series): routine immunization series received throughout childhood to provide protection against these 3 diseases. A booster dose (Tdap) is recommended every 5-10 years as an adult.

Tetanus - bacterial illness picked up through broken skin

Diphtheria - bacterial illness transmitted from direct contact and air

Pertussis - bacterial illness transmitted by respiratory droplets, aka “Whooping Cough”

- ❖ Hepatitis A: Routine childhood immunization. Two injection vaccine series. Contracted by consuming contaminated food and/or water. First dose is primary vaccine. Second dose is a booster to the primary and given six months after the first. Can travel safely with only first dose. Completion of series ensures long term protection.
- ❖ Hepatitis B: Routine childhood immunization. Typically a three injection vaccine series. Contracted through contact with contaminated blood and body fluids such as tattoos, body piercings, acupuncture, sexual activity and IV drug use. Safe sex practices and vetting of businesses is strongly encouraged.

Immunization Record (cont.)

- ❖ Polio: Standard childhood vaccine. May have been given in a live virus oral formulation or inactivated virus formulation given by injection. A polio booster dose may be recommended for travel to certain countries.
- ❖ Varicella: standard childhood vaccine that is a live virus vaccine. Viral illness that causes Chicken Pox. Two injection vaccine series or natural immunity obtained by history of disease provides protection.
- ❖ Meningitis ACWY: Standard childhood vaccine providing protection against the A,C,W,Y strains of meningococcal disease. Booster doses recommended every 5 yrs if risk is still a concern.
- ❖ Meningitis B: Provides protection against the B strain of meningococcal disease.

Immunization Record (cont.)

- ❖ HPV/Gardasil-9: Provides protection from infections caused by certain types of human papillomavirus.
- ❖ Influenza: Provides protection against infection caused by influenza viruses.
- ❖ Covid: Provides protection against SARS-CoV-2. Destination specific Covid vaccine requirements are found in the Travax travel report.

Past Medical History, Allergies and Medications

- ❖ Past medical history: chronic or ongoing medical/mental health concerns
- ❖ Allergies: seasonal, environmental, food
- ❖ Medications: prescribed, over the counter
- ❖ How to navigate healthcare and health insurance while abroad
- ❖ How to obtain amount of medication needed for time abroad, insurance override for prescription medicine?



Medications + Personal items

- ❖ Obtain necessary prescriptions from healthcare provider.
- ❖ Contact private insurance provider regarding need for prescription override (amount of medication needed for 3+ months abroad).
- ❖ Take note of generic names of “as needed” or Over the Counter (OTC) medications. Brand name medications may not be used in area of travel.
- ❖ Finish all prescribed travel medications and vaccines as ordered before and after return from travel.
- ❖ Make sure to bring basic first aid supplies including pain relievers, antihistamines, cold medication.
- ❖ Consider bringing an extra pair of glasses and/or contacts if worn.
- ❖ Refer to Travax report and [CDC.gov](https://www.cdc.gov) for restricted medications and how to obtain medications abroad.

How to obtain recommended/required medications and vaccines

- ❖ If enrolled in The Student Health Insurance Plan (SHIP) please contact the SHIP Customer Service number or refer to the website www.UHCSR.com for confirmation of coverage and access to important policy information.
- ❖ Student Health and Wellness Center can help you with prescriptions and obtaining your medication through the local pharmacy. Medication is often not free, there may be an out of pocket cost to the student. Use of apps like GoodRx can be helpful in obtaining medication at a lower price.
- ❖ Certain destination specific travel medications and vaccines may need to be ordered and take a certain amount of time to complete. Order/obtain vaccines (except Yellow Fever) and medication prescriptions through student health services. There will be an out of pocket cost for travel vaccines and medications dispensed in health services. A receipt will be available in your student health portal. You may use this for possible insurance reimbursement. Insurance may not cover certain vaccines and medications that are considered "elective". Check with your insurance provider regarding what is covered under your plan.

How to obtain recommended/required medications and vaccines (cont.)

- ❖ Obtain vaccines and medications at a local travel clinics or pharmacy clinic (Acme pharmacy, CVS Minute Clinic, Walgreens Health Care Clinic, Rite Aid Redi Clinic). These clinics are able to bill insurance for covered vaccines and medications.
- ❖ If the Yellow Fever vaccine is required or recommended by your program, it will need to be obtained at a certified Yellow Fever clinic. You may choose to go to the clinic of your choice. Acme pharmacy in Media, Pa and Penn Travel Clinic in Radnor (610) 902-5618 are local options.

Shoreland Travax Traveler Report



- ❖ Itinerary specific recommendations including: recommended medications, immunizations, medical care, consular advice, safety, cross cultural considerations, basic protective measures, detailed information on COVID-19 and more. Depending on itinerary, may include maps of areas with Malaria, Japanese Encephalitis, Yellow Fever and/or Meningitis.
- ❖ Student will receive secure message in their student health portal that includes their customized Travax report and clinician recommendations.
- ❖ Note: the information received is a snapshot in time and students should review <https://wwwnc.cdc.gov/travel/destinations/list/> closer to departure for up-to-date information on travel to your destination including travel health or safety and security notices.

Food and Water Precautions

- ❖ **Food Precautions** to follow in areas at risk for contamination:
 - Hot food: eat only thoroughly cooked and steaming hot foods
 - Cold food: avoid foods needing to be washed ie. salads, raw fruits and veggies unless certain of its safety. Be cautious of salad bars and pre-made sauces and salsas.
 - Avoid unpasteurized dairy and milk products.
 - Avoid street vendors
 - Avoid uncooked seafood and raw meat
- ❖ **Water Precautions** to follow while in areas with limited access to clean water:
 - Drink commercially bottled water, juices, drinks etc. Wipe clean/dry container before drinking, make sure cap is sealed, avoid ice cubes unless made with commercially bottled water, use bottled water for brushing teeth.
 - Boil hot water for coffee and tea
 - Avoid getting shower water in eyes, nose and mouth
 - If bottled water not available, consider using filtered water or boiling water for drinking

Keep in mind, local residents and homestay families may not experience the same symptoms as you after eating contaminated food and water. Their bodies may have adapted to local pathogens due to frequent exposure. Ask for recommendations of safe eateries from reliable sources.

Traveler's Diarrhea

- Causes can be due to bacteria, viruses or parasites. GI system has been exposed to new pathogens, typically from contaminated food or water.
- Will feel miserable but generally self limiting and short lived.
- Risks include dehydration, long term symptoms (irritable bowel syndrome), severe illness requiring hospitalization.
- Prevention recommendations include: good hygiene, diligent handwashing with soap and water, hand sanitizers, food and water precautions. Refer to information provided in Travax report for more detailed suggestions.
- Treatments include: fluids, anti-diarrheals, antibiotics as needed.



Insect Precautions and Personal Protection Measures

- ❖ Avoidance
- ❖ Insect Repellents- DEET, Picaridin, Oil of Lemon Eucalyptus, IR3535
- ❖ Protective Clothing- Permethrin impregnated
- ❖ Mosquito Nets
- ❖ Vaccines
- ❖ Preventative medications
- ❖ Sunscreen - apply sunscreen 30 minutes prior to insect repellent
- ❖ Avoid scented soaps or perfumes
- ❖ Wear light colored clothing, avoiding bright and dark colors
- ❖ Cover as much of body as tolerable



Mosquito Borne Illnesses

(typically found in parts of Asia, Africa, Central and South America)

❖ Malaria

- Can be a serious and sometimes fatal disease.
- Carriers are nighttime biters.
- Personal protection measures: avoidance, insect repellent with DEET, picaridin, oil of lemon eucalyptus or IR3535, netting.
- Avoid dark and bright colors/limit as much exposed skin as possible.
- Avoid wet areas and standing water.
- Symptoms: fever, shaking chills, flu-like. Monitor symptoms for up to a year after return. If being evaluated for flu-like illness, notify medical providers of travel within the last year to areas with malaria risk.
- Antimalarial medications available for prevention - see Travax report for treatment recommendations and maps of risk areas.

Mosquito Borne Illnesses (cont.)

❖ Dengue

- Carriers are day and nighttime biters.
- Personal protection measures: avoidance, insect repellent with DEET, picaridin, oil of lemon eucalyptus or IR3535, netting.
- Avoid dark and bright colors/limit as much exposed skin as possible.
- Avoid wet areas and standing water.
- Symptoms: sudden onset high fever, severe headache, nausea/vomiting, muscle and joint pain.
- Vaccines are available in some countries but not currently in the US for travel.

Mosquito Borne Illnesses (cont.)

❖ Zika

- Carriers are day and nighttime biters.
- Personal protection measures: avoidance, insect repellent with DEET, picaridin, oil of lemon eucalyptus or IR3535, netting.
- Avoid dark and bright colors/limit as much exposed skin as possible.
- Avoid wet areas and standing water.
- Symptoms: generally mild (conjunctivitis, fever, headache, rash, muscle/joint pain).
- Zika infection during pregnancy can cause severe birth defects and is linked to Guillian-Barre syndrome.
- Virus can be passed through sexual intercourse and sharing of sexual devices- use condoms and disinfect devices.
- Can be transmitted from mother to fetus. Use insect repellent and/or use condoms for 3 months after return from travel.
- No vaccine or preventative medication available.

Mosquito Borne Illnesses (cont.)

❖ Chikungunya virus

- Carriers are day and nighttime biters.
- Personal protection measures: avoidance, insect repellent with DEET, picaridin, oil of lemon eucalyptus or IR3535, netting.
- Avoid dark and bright colors/limit as much exposed skin as possible.
- Avoid wet areas and standing water.
- Symptoms: most common - fever and significant joint pain.
- No vaccine or preventative medicine available.

Mosquito Borne Illnesses (cont.)

❖ Yellow Fever

- Personal protection measures: avoidance, insect repellent with DEET, picaridin, oil of lemon eucalyptus or IR3535, netting.
- Avoid dark and bright colors/limit as much exposed skin as possible.
- Avoid wet areas and standing water.
- Symptoms: most people will not have symptoms, those that do experience fever, chills, headache, body aches, nausea/vomiting. 1 out of 7 people will progress to a more severe form of illness.
- Vaccine available and must be obtained in a certified clinic. Good for lifetime, must carry your “Yellow Card”.
- Area of travel may require vaccination. Refer to CDC.gov and Travax report for details.

Mosquito Borne Illnesses (cont.)

❖ Japanese Encephalitis

- Personal protection measures: avoidance, insect repellent with DEET, picaridin, oil of lemon eucalyptus or IR3535, netting.
- Avoid dark and bright colors/limit as much exposed skin as possible.
- Avoid wet areas and standing water.
- Symptoms: most infected people have no or mild symptoms. A small percentage of people will develop inflammation of the brain or encephalitis.
- Vaccine available and recommended for travelers with certain criteria : 2 dose series spaced 28 days apart. Adults 18-65 may get dose #2 as early as 7 days after the first. Last dose should be given at least 1 week before travel. Booster dose after 1 year with continued risk/exposure.

Insurance

- ❖ Travel insurance policy may be provided by the Global Engagement Office (GEO) - eg.CISI.
- ❖ Individual Study Abroad Program may provide travel insurance policy or require students to use a program sponsored travel insurance policy.
- ❖ GEO will make the determination of where your travel coverage will come from and discuss with you during one of your GEO advising sessions.
- ❖ Insurance coverage will include Medical Evacuation coverage.
- ❖ Familiarize yourself with policy, coverage and contact information.
- ❖ Have insurance information easily available, a picture on your phone is helpful.
- ❖ Depending on destination, may need to have credit card/cash available for medical expenses while abroad and submit receipts to insurance upon return home.
- ❖ May need supplemental insurance for travel outside of program dates.

Healthcare Access

- ❖ Reach out to program regarding access to medical/mental healthcare while abroad (clinic in community vs. on campus).
- ❖ Contact the Customer Service number provided by your travel insurance policy for list of local “in-network” providers.
- ❖ Know where to go ahead of time to decrease stress in time of need.
- ❖ Talk to established providers regarding a plan of care/action for ongoing or chronic healthcare management concerns.
- ❖ CAPS on call available 24/7 throughout the school year, over summer, Fall/Winter/Spring breaks and while abroad 610-328-7768.
- ❖ See Travax Report for local Emergency numbers to call in your area of travel.

General travel tips

- ❖ Keep well hydrated starting several weeks before date of departure.
- ❖ Move extremities often during long flights, car/train/bus rides.
- ❖ Try to stay on current time zone & expose yourself to light to help with jet lag
- ❖ Exercise and eat/drink well.
- ❖ Don't go out at night alone, make sure someone always knows where you are, when you are expected to return and has contact information.
- ❖ Keep important documents in a safe place, have copy of passport.
- ❖ Keep important documents and money secured and concealed on person when out and about.
- ❖ Never leave bag/personal belongings unattended.
- ❖ Carry medications on person when traveling in the event of lost luggage.
- ❖ Remember to take care of your mental and physical health needs.

Strategies for Stressful Times-Mental Health Toolkit

A mental health toolkit is a place for you to keep items that calm you during a period of stress.

- ❖ **Self Soothing** suggestions (5 senses): **Touch**- something soft/soothing, **Sight**- pictures of family/friends, **Smell**- candle, **Sound**- fountain, waterfall, music, **Taste**- chocolate
- ❖ **Distraction**- take mind off stressful situation (puzzle, craft, movie, music)
- ❖ **Perform Opposite Action**- act of kindness
- ❖ **Emotional Awareness**- Identify and express your feelings (journal with drawing/writing supplies)
- ❖ **Mindfulness**- meditation and relaxation (yoga, Yoga Nidra, Progressive Muscle Relaxation, Calm APP, Headspace APP)

Crisis Plan- plan for when above is not working. Have a list of contact supports and resources readily available (family, friends, therapist/psychiatrist, CAPS-on-CALL 610-328-7768, local ER/ Emergency number in area of travel).

Return from Study Abroad

Considerations when talking with a healthcare provider about post travel symptoms including but not limited to, viral symptoms (fever, cough, body aches), gastrointestinal symptoms (diarrhea, constipation, parasites), skin rashes:

- ❖ Your vaccination history.
- ❖ Where you traveled (over the past year).
- ❖ Your reasons for traveling.
- ❖ Your travel activities, including swimming, hiking, etc.
- ❖ The timeframe of your vacation.
- ❖ Where you stayed, such as hotels, family or friends' homes, hostels, or tents
- ❖ What you ate and drank.
- ❖ Animals you had close contact with or touched.
- ❖ If you have any injuries, scratches, or bug bites.
- ❖ Health care or medications you received during your trip.
- ❖ Close contact with other people, including sexual encounters.
- ❖ If you obtained any tattoos or piercings.

Return from Study Abroad (cont.)

Other considerations when returning from travel:

- ❖ Post -exposure Tuberculosis screening 8 weeks after return from areas of concern IF recommended in travel recommendations.
- ❖ Completing vaccine series and medication prescriptions.
- ❖ Filing insurance claims for medical expenses incurred while abroad.
- ❖ Emotional and mental health while trying to re-acclimate to the Swarthmore community - use resources and seek help (family, friends, therapist, healthcare provider, religious advisor).