

# Health Checklist

By Nicole Nichols-West

- ☐ General Recommendations
  - ☐ Have a consultation with a travel medicine specialist when planning a trip.
  - ☐ Make sure your eating habits are healthy.
  - ☐ Exercise regularly.
  - ☐ Reduce stress.
  - ☐ Avoid tobacco (cigar included) & excess alcohol.
  - ☐ Keep your medical condition under control.
  - ☐ Consume safe water and food.
  - ☐ Avoid mosquito bites.
  - ☐ Use sunscreen.
- ☐ Vaccination
  - ☐ Hepatitis A - stay more than one month.
  - ☐ Hepatitis B - stay for longer periods (more than 1 month).
  - ☐ Typhoid Fever - stay 3 years.
  - ☐ Tetanus/ Diphtheria booster - every ten years after primary complete (3 shots) course.
  - ☐ Rabies - if you might have extensive unprotected outdoor exposure in rural areas (camping or hiking).
  - ☐ Influenza - annual
  - ☐ Pneumococcus - every 5 years
  - ☐ Tuberculosis - a skin test is recommended before departure and after one year in a high Tb Country.
- ☐ Accident
  - ☐ Wear safety belt in cars, helmet on bikes.
  - ☐ No cellular phone while driving.
  - ☐ Avoid alcohol, fatigue, jet-lag and all night-driving.
  - ☐ Avoid overcrowded public transport.
  - ☐ Never swim at an unmarked or unguarded beach.
  - ☐ Have an insurance company for you and your vehicle.
  - ☐ Do not disturb animals.

- ☐ Check Up
  - ☐ Mammography every 1-2 years women 40-69 year-old.
  - ☐ Annual clinical breast examination by a specialist.
  - ☐ Cholesterol check.
  - ☐ After 50 year-old, flexible sigmoidoscopy every 3-5 year.
  - ☐ Blood Glucose every 1-3 years.
  - ☐ Blood Pressure every 2 years.
  - ☐ Treadmill Test if you plan a vigorous exercise program.