Health Checklist

Created: 1/1/2012

# Tasks:

☐ **General Recommendations**

☐ **Have a consultation with a travel medicine specialist when planning a trip.**

☐ **Make sure your eating habbits are healthy.**

☐ **Excercise 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**

☐ **Pneumoccocus - 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.**