

# Travax<sup>®</sup> Traveler Health Report

## Health Concerns Summary

The following may pose a risk or require preventive measures based on this itinerary. See the report sections below for details.

- Vaccine-Preventable Diseases: [hepatitis A](#), [hepatitis B](#), [influenza](#), [rabies](#), [typhoid](#)
- [Malaria](#)
- Other Diseases: American trypanosomiasis, brucellosis, dengue fever, leishmaniasis, Lyme disease, traveler's diarrhea, West Nile virus

## Yellow Fever

### Requirement Information (for entry)

Is yellow fever vaccine an official requirement for this itinerary?

**NO.** An official vaccination certificate is not required for entry by any country on this itinerary sequence.

- Visa application: Proof of YF vaccination may be required for certain visa applicants. Travelers should contact the appropriate embassy or consulate with questions and, if it is required for their visa, carry the YF certificate with their passport on the day of travel.

Yellow Fever Requirement Table for this Itinerary

The following values result in the "NO" requirement result shown above (based on a round trip with Canada as the home country):

Yellow Fever Requirement Table				
Country	Transm. Risk	Required if Coming From	Applies to Ages	See Note
CANADA	No	None	None	
MEXICO	No	None	None	

### Recommendation Information (for health protection)

Is yellow fever vaccine a recommended protective measure for this itinerary?

**NO.** Vaccination is not necessary as a protective measure for any country on this itinerary.

## Other Immunization Recommendations

- Hepatitis A
  - Mexico
    - *Recommended for:* all travelers.
- Typhoid
  - Mexico
    - *Recommended for:* adventurous dietary habits; prolonged stays; travel (especially in rural areas) outside of common tourist packages and other pre-arranged fixed itineraries. Consider for all risk-averse travelers desiring maximum pre-travel preparation.
- Hepatitis B
  - Mexico
    - *Recommended for:* prolonged stays; all health care workers; the possibility of a new sexual partner during stay.

Increased awareness is recommended regarding safe sex and body fluid/blood precautions.

- Rabies
  - Mexico
    - Risk exists in much of the country and is highest near the Guatemala border. Risk from bat exposure is highest in Chiapas, Hidalgo, and Tabasco states. *Recommended for:* Prolonged stays: all young children and all travelers to rural areas where risk exists. Shorter stays: occupational exposure; adventure travelers, hikers, cave explorers, and backpackers, especially at locations more than 24 hours' travel from a reliable source of human rabies immune globulin and rabies vaccine for postexposure treatment; and all travelers involved in any activity that might bring them into direct contact with bats. Dog, skunk, and bat bites or scratches should be taken seriously and postexposure prophylaxis sought even in those already immunized.
- Influenza
  - Mexico
    - Flu is transmitted from November to April (although off-season transmission can occur), and all travelers are at increased risk. *Recommended for:* all travelers during flu season. Consider a standby treatment course of oseltamivir for unvaccinated travelers, especially those who are at high risk for complications from influenza.
- Routine vaccinations (adults only)
  - Tetanus/diphtheria/pertussis (all countries)—Adequate primary series plus booster within the last 10 years (Tdap or Td). Those who have not received a previous dose of an acellular pertussis-containing vaccine in adulthood should receive a one-time dose of Tdap vaccine, regardless of interval since last tetanus/diphtheria-containing vaccine.
  - Measles/mumps/rubella
    - Mexico
      - Indicated for those born in 1957 or later (1970 or later in Canada) without a history of disease, laboratory evidence of disease, or of 2 adequate doses of live vaccine at any time during their life. Many countries (including the U.K.) recommend that adults need to have had only 1 countable dose at any time during their life.
  - Pneumococcal (all countries)—All adults over 65 and those with chronic disease or compromising conditions.
  - Polio
    - Mexico
      - Adult polio boosters are unnecessary for travel to this country.
  - Varicella (all countries)—Indicated for all persons born outside the U.S. or born in the U.S. after 1979, except not indicated for persons with an adequate vaccination history (2 lifetime doses), reliable evidence of previous infection, or laboratory confirmation of immunity.

## Malaria

### Malaria Information

- Mexico
  - General information: predominantly *P. vivax*. Transmission occurs throughout the year.
  - Protective recommendations:
    - *Chemoprophylaxis is recommended for all travelers:* most of Chiapas State, including the archaeological ruins at Palenque and the urban outskirts of Tuxtla and Tapachula; certain rural areas along the central Pacific coast (see map); coastal areas in Oaxaca State, including the urban outskirts of Puerto Escondido, Pochutla, and Huatulco but excluding the Bahías de Huatulco resort area (see map inset).
    - *Chemoprophylaxis is recommended for certain travelers (see Issues to Consider inset):* rural areas in northern Sinaloa State [3].
    - *Insect precautions only are recommended (negligible transmission is reported):* southern portions of Sonora and Chihuahua states; northern Jalisco [5] State; portions of Tabasco [22], Campeche, and Quintana Roo [23] states; the central urban areas of Puerto Escondido, Pochutla, Huatulco, Tuxtla, and Tapachula.
    - *No protective measures are necessary (no evidence of transmission exists):* major resort locations in urban, well-developed areas along the Pacific and Gulf/Caribbean coasts (e.g., Acapulco, Ixtapa, Mazatlán, Cancún, Cozumel, Bahías de Huatulco, and Mérida); areas along the United States-Mexico border; archaeological ruins (except Palenque); all other areas not mentioned above.

### Malaria Prophylaxis

Drug choice depends on personal factors discussed between the traveler and medical provider. No preventive measure is 100% effective. Immediate medical attention is necessary for fever or flu-like illness within 3 months after travel in a malaria risk area. Include mention of travel history.

- Mexico
  - Protective measures: Evening and nighttime insect precautions are essential in areas with any level of transmission. Chloroquine and other antimalarials (atovaquone/proguanil, doxycycline, and mefloquine) are protective in this country.

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Issues for Medical Providers to Consider	
<i>Factors favoring chemoprophylaxis</i>	<i>Factors against chemoprophylaxis</i>
<ul style="list-style-type: none"><li>◆ Adventure travel</li><li>◆ Risk-averse and vulnerable travelers</li><li>◆ Areas subject to infrequent epidemics</li><li>◆ Immigrants visiting friends and relatives</li><li>◆ Flexible itineraries</li><li>◆ Travel longer than 1 month</li><li>◆ Unreliable medical expertise and/or treatment drugs at destination</li></ul>	<ul style="list-style-type: none"><li>◆ Air-conditioned hotels only</li><li>◆ Urban areas only</li><li>◆ Non-transmission season</li><li>◆ Minimal nighttime exposure</li><li>◆ Travel shorter than 3 days</li></ul>

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See the *Technical Explanation of Malaria Mapping* document for more information.

## Country Profile(s)

### MEXICO

#### General Information

Mexico is a developing nation but is in the upper half of the world's economies. Located between Central America and the U.S., its climate varies with geography, ranging from tropical to desert.

#### Traveler's Diarrhea

- High risk throughout the country including deluxe accommodations in major cities. Food and beverage precautions are essential in order to reduce chance of illness.
- Travelers should carry loperamide and/or a quinolone antibiotic for presumptive self-treatment of diarrhea if it occurs.

#### Other Concerns

- HIV: 6% of sex workers in the capital city are estimated to be HIV positive. Travelers should clearly understand STD concepts and risks for HIV transmission.
- Dengue fever presents significant risk in urban and rural areas throughout the country (including popular destinations such as Acapulco, Cancun, Cozumel, Cuernavaca, Guadalajara, Isla Mujeres, Los Cabos, Puerto Vallarta, and areas along the Mayan Riviera). Minimal risk exists in Mexico City and the states of Aguas Caliente, Baja California, Chihuahua, Tlaxcala, and Zaccatecas. There is a marked seasonality, with more than 90% of cases occurring from July to December. Daytime insect precautions are recommended.
- Leishmaniasis (cutaneous), transmitted by sandflies, is widespread in rural areas in the south of the country, especially the Yucatan peninsula (including all the Mayan ruin sites), and Coahuila State in the north. Insect precautions (primarily evening and nighttime) are recommended.
- West Nile virus, transmitted by mosquitoes, is found throughout most of Mexico in animals; human cases have been recorded in the northern states of Chihuahua and Sonora along the U.S. border. The disease presents minimal risk to travelers. The elderly and those with compromised immune systems are more at risk of serious disease if infected with the virus. Evening and nighttime insect precautions are recommended.
- Chagas' disease (American trypanosomiasis) occurs in rural areas; risk to travelers is unknown but is thought to be negligible. Avoid overnight stays in houses constructed of mud, adobe brick, or palm thatch.
- Lyme disease reports have yet to be confirmed by the detection of the bacteria from ticks in this country. Risk to travelers is presumed to be absent.
- Brucellosis is common. Travelers should avoid unpasteurized goat cheese (always white in color) and other unpasteurized dairy products.
- Air pollution in Mexico City is among the worst in the world and is intensified by periodic thermal inversions from December to

February. Likely to exacerbate preexisting cardiopulmonary disease. Some authorities recommend against long stays or residence by children under 12.

- Marine hazards may include jellyfish (often causing sea bather's eruption), coral, and sea urchins. Dangerous (potentially deadly) jellyfish are present year-round, but particularly during the rainy season. Children are especially at risk, and adults wading, launching boats, or fishing.

## Medical Care

- The best private health facilities in Mexico City are comparable to those in other industrialized countries, though highly specialized cases or complex emergencies may require evacuation to the United States. Adequate medical care for simple problems is available in a few private clinics in major tourist areas. Medical care is substandard outside major cities.
- For emergency services, dial 060 or 066.
- Training and availability of emergency responders may be inadequate.
- Recompression chambers are located in or near major cities and resort towns where scuba diving is popular. Before diving, check that facilities are operational.
- Doctors and hospitals expect payment prior to providing medical services, including emergency care. Credit cards may be accepted.

## Travel Advisory

*The material below has been compiled or quoted verbatim from the consular Web sites of the United States ([travel.state.gov](http://travel.state.gov)), United Kingdom ([www.fco.gov.uk/travel](http://www.fco.gov.uk/travel)), Canada ([voyage.dfait-maeci.gc.ca](http://voyage.dfait-maeci.gc.ca)), and Australia ([www.smartraveller.gov.au](http://www.smartraveller.gov.au)). Standard safety precautions that apply to all international travel are not included in this advisory. Please refer to the "Safety and Security" handout for standard precautions.*

### Consular Travel Warning

Due to escalating violence linked to drug trafficking, a U.S. Department of State bulletin currently advises against all non-essential travel to the states of Chihuahua; Coahuila; Durango; Michoacan (excluding Morelia and Lazaro Cardenas); Nuevo Leon (excluding Monterrey); San Luis Potosi (excluding the city of San Luis Potosi); Sinaloa (excluding Mazatlan); Tamaulipas; and Zacatecas (excluding the city of Zacatecas) and non-essential travel to parts of the states of Aguascalientes, Guerrero, Jalisco, Nayarit, and Sonora. Other governments advise against all non-essential travel to the border areas between Mexico and the United States.

### Visa/HIV Testing

- Visa applicants may need to meet specific requirements. Review the application and contact the appropriate embassy or consulate with questions. The U.S. Department of State is unaware of any HIV/AIDS entry restrictions for visitors to or foreign residents of Mexico.

### Consider Avoiding

- In northern Mexico and all cities bordering the United States, organized crime and urban violence affect security.
- In some parts of the country, military and federal police forces have been deployed in efforts to combat organized crime and improve security conditions. However, armed clashes between security forces and drug gangs are commonplace and shootouts, attacks, and illegal roadblocks may occur at any time.
- Travel to and in Ciudad Juarez poses particular challenges and requires extreme caution. Road travel should be avoided.
- Armed rebel and civilian groups are present in the state of Chiapas, particularly in remote areas, including jungle areas near the Guatemalan border.

### Crime

- Crime is commonplace. Arrest and detention rates are low and contribute to high levels of criminality
- Incidents of assault and sexual aggression have been reported, including in resort areas.
- Kidnappings, particularly express kidnappings, occur frequently in large urban areas.
- Travelers have become victims of harassment, mistreatment and extortion by alleged Mexican law enforcement and other officials.

### Civil Unrest

- Demonstrations and protests regularly occur in large cities. Participation in political demonstrations by travelers is prohibited and

may result in detention, expulsion, and the denial of future entry into Mexico.

### Miscellaneous Safety

- Travelers who wish mountain climb and hike should be aware of current conditions.
- Rented sports and aquatic equipment may not meet safety standards. Scuba diving equipment may be substandard or defective due to frequent use.
- Hitchhiking is not a common practice in Mexico and is not recommended.

### Road Conditions and Hazards

- Road conditions vary and can be poor in some areas.
- Dangerous curves, poorly marked signs and construction sites, roaming livestock, slow-moving or abandoned vehicles, and other obstacles pose hazards.
- Toll highways are safer than secondary highways.

### Driving Laws

- In order to reduce air pollution, there are time restrictions on driving in Mexico City and in certain regions of the country.
- Foreign driver's licenses are valid in Mexico.

### Public Transportation

- Public transportation is relatively safe.
- Bus accidents occur frequently due to speeding, poor road conditions, and mountainous terrain.
- Travelers should only use hotel taxis or taxis based at designated stands.

### Natural Disasters and Climate

- The hurricane season extends from June to the end of November, and may affect both the Caribbean and Pacific coasts.
- During the rainy season, from June to November, flooding and mudslides may occur in some areas, including Mexico City.
- Mexico is located in an active seismic zone, and some volcanoes are active.

### FAA Advisory

- The U.S. Federal Aviation Administration has assessed this country's civil aviation authority and determined that it licenses and oversees air carriers in accordance with aviation safety standards established by the International Civil Aviation Organization.

### Exit Fees

- There is a tourism tax for visitors to Mexico. This fee is normally included in airline ticket prices.

### Other Laws

- It is illegal to drink alcoholic beverages in non-designated public areas.
- The minimum age at which people are legally allowed to purchase or consume alcoholic beverages is 18 years old.
- It is illegal to possess archaeological artifacts or to export such items from Mexico.

### Dual Citizenship

- Mexico recognizes dual citizenship for persons born in Mexico or abroad to Mexican parents.

### Currency

- The currency is the Mexican peso (MXN/MXV).

- ATM services are available throughout the country.
- Debit and credit cards are widely accepted.

## Import and Export Information

- The Mexican government strictly enforces its laws concerning possession, entry, and trafficking of firearms. Anyone entering Mexico with a firearm or ammunition without prior written authorization from Mexican authorities is subject to imprisonment.
- It is illegal to enter the country with certain types of knives.
- Mexican customs authorities enforce strict regulations concerning temporary importation into or export from Mexico of items such as trucks and autos, trailers, antiques, medical equipment, and business equipment.

## Consular Information

### Selected Embassies or Consulates in Mexico

- U.S. Embassy: Paseo de la Reforma 305, Colonia Cuauhtemoc, 06500, Mexico City, Tel.: 011-52-55-5080-2000, E-mail: [acsmexicocity@state.gov](mailto:acsmexicocity@state.gov), Web: [mexico.usembassy.gov](http://mexico.usembassy.gov). Consulates: Hotel Continental Emporio, Costera Miguel Aleman 121 - Local 14, Acapulco, Gro. 39670, Tel.: 52-744-484-0100. Boulevard, Marina Local C-4, Plaza Nautica, Col. Centro, Cabo San Lucas, B.C.S. 23410, Tel.: 52-624-143-3566. Blvd. Kukulcan Km 13 ZH, Torre La Europea, Despacho 301, Cancun, Quintana Roo, Mexico C.P. 77500, Tel.: 993-883-0272. Ocampo No. 305 (at Morelos), Centro Ciudad Acuna, Coahuila 26200, Tel.: 52-877-772-8179. Offices 8 and 9 (2nd. Floor, taking the stairs to the right), "Villa Mar" Mall (located inside Juarez Park, which is another name for the Main Square or "Plaza Principal"), Between Melgar and 5th. Ave., Cozumel, QR. 77600, Tel.: 52-987-872-4574. Hotel Fontan, Boulevard, Ixtapa, Ixtapa/Zihuatanejo 40880, Tel.: 52-755-553-2100. Hotel Playa Mazatlan, Playa Gaviotas #202, Zona Dorada, Mazatlan, Sinaloa, 82110, Tel.: 52-669-916-5889. Macedonio Alcalá No. 407, Interior 20, Oaxaca, Oax. 68000, Tel.: 52-951-514-3054, 52-951-516-2853. Abasolo 211, Local #3, Col. Centro, 26000 Piedras Negras, Coahuila, Tel.: 52-878-782-5586, 52-878-782-8664. The Palapa, Calle 1 Sur, between Avenida 15 and Avenida 20, Playa del Carmen 77710, Tel.: 52-984-873-0303. Hotel Holiday Inn, Rooms 1101 and 1102, Calle Emilio Portes Gil #703, Col. Prado Sur, Reynosa, Tamaulipas 88560, Tel.: 52-899-923-9331. Plaza La Luciernaga, Libramiento Jose Manuel Zavala, Zavala No. 165, Locales 4 y 5, Colonia La Luciernaga, 37745 San Miguel Allende, Guanajuato, Mexico, Tel.: 52-415-152-2357. Edificio Las Terrazas, Avenida Venustiano Carranza 2076-41, Col. Polanco, San Luis Potosi, S.L.P., 78220, Tel.: 52-444-811-7802, 52-444-811-7803.
- Canadian Embassy: Calle Schiller No. 529, Colonia polanco, 11580, Mexico, D F, Mexico, Tel.: 52-55-5724-7900, E-mail: [mxico@international.gc.ca](mailto:mxico@international.gc.ca), Web: [www.mexico.gc.ca](http://www.mexico.gc.ca)
- U.K. Embassy: Rio Lerma 71, Col Cuauhtemoc, 06500 Mexico City, Tel.: 52-55-1670-3200, E-mail: [consular.mexico@fco.gov.uk](mailto:consular.mexico@fco.gov.uk), Web: [ukinmexico.fco.gov.uk](http://ukinmexico.fco.gov.uk)
- Australian Embassy: Ruben Dario #55, Col. Bosque de Chapultepec, Mexico DF, Tel.: 52-55-1101-2200, E-mail: [consularpassports.mexico@dfat.gov.au](mailto:consularpassports.mexico@dfat.gov.au), Web: [www.mexico.embassy.gov.au](http://www.mexico.embassy.gov.au)

### Mexico's Embassies or Consulates in Selected Countries

- In the U.S.: 1911 Pennsylvania Avenue, NW, Washington, DC 20006, Tel.: 202-728-1600, Web: [portal.sre.gob.mx/usa](http://portal.sre.gob.mx/usa)
- In Canada: 45 O'Connor Street, Suite 1000, Ottawa, ON K1P 1A4, Tel.: 613-233-8988, E-mail: [info@embamexcan.com](mailto:info@embamexcan.com), Web: [embamex.sre.gob.mx/canada\\_eng](http://embamex.sre.gob.mx/canada_eng)
- In the U.K.: 16 St George Street, London W1S 1FD, Tel.: 020-7499-8586, E-mail: [mexuk@sre.gob.mx](mailto:mexuk@sre.gob.mx), Web: [www.sre.gob.mx/reinounido/](http://www.sre.gob.mx/reinounido/)
- In Australia: 14 Perth Avenue, Yarralumla ACT 2600, Tel.: 02-6273-3963, E-mail: [embamex@mexico.org.au](mailto:embamex@mexico.org.au), Web: [www.mexico.org.au](http://www.mexico.org.au)

## Basic Preventive Measures

Most travel-related health problems can be significantly reduced through appropriate behavior by the traveler. Risk can be minimized by adherence to the following measures.

### INSECT PRECAUTIONS

- Significant or potentially life-threatening illnesses transmitted by insects are a threat in the tropics and are best prevented by personal protective measures.
- Clothe yourself to reduce as much exposed skin as practicable.

- Apply a repellent containing DEET (concentration 30 to 35%) or picaridin (concentration 20% or greater). The repellent should be applied to all exposed non-sensitive areas of the body. Frequent application ensures continuous protection. The time of day and type of insects to be avoided determine when the repellent should be applied.
- Treat outer clothing with permethrin (or other pyrethroid) when at risk of malaria or other mosquito-borne or tick-borne diseases.
- Sleep under a permethrin impregnated bed net when at risk of malaria.
- If not in a sealed air-conditioned room, ensure all open windows have insect screens.
- Use an aerosol insecticide before going to bed and a vaporizer device throughout the night.
- Outdoors, a smoldering pyrethroid coil can be used to reduce flying insects.

### SAFE FOOD and WATER

- Traveler's diarrhea is always caused by something you ate or drank.
- Always wash hands with soap before eating and after using the toilet.
- Avoid purchasing food from dubious eating places, markets, and roadside vendors.
- Flies feed on both feces and food. Avoid buffets where there are no food covers or fly controls.
- Avoid high risk food such as shellfish, undercooked meats and poultry, dairy products, mayonnaise, unpeeled fruits, and salads.
- Avoid both tap water and drinks or ice made from tap water, unless you are advised by a reliable fellow foreigner that they are safe.
- Use sealed bottled water or chemically treated, filtered, or boiled water for drinking and brushing teeth.

### BLOOD-BORNE and SEXUALLY TRANSMITTED DISEASES (STDs)

- STDs, hepatitis B, and HIV are generally more prevalent in developing countries. Unprotected casual sex whether with the local population or with fellow travelers is always high risk.
- Inhibitions are diminished when traveling away from the social constraints of home. In addition, excess alcohol and other recreational drugs can influence behavior and encourage unintentional risk exposure.
- HIV and hepatitis B may be transmitted through blood, blood products, and contaminated surgical or dental instruments. These may be required following accidents or trauma. Consider carrying a needle and suture kit for high risk areas. If possible, defer medical treatment and travel to a facility where safety can be assured. Tattooing and body piercing carry similar risks.

### SAFETY and CRIME AVOIDANCE

- Make sure at least one other person knows your whereabouts and expected schedule at all times.
- Use extra caution in tourist sites, market places, elevators, crowded subways, train stations and festivals, and avoid marginal areas of cities.
- Use only "registered" taxis, preferably radio taxis.
- Avoid visible signs of wealth in dress or jewelry.
- Be constantly attentive to surroundings and be wary of any stranger who engages you in any form of conversation or touches you in any way no matter how accidental the contact may appear to be.
- Carry only a photocopy of your passport face page and legal entry stamp; leave the actual passport in a hotel safe or at your residence.
- Wear your hand bag across your chest to prevent it from being snatched.
- Familiarize yourself with common local scams and distraction techniques.
- If you are confronted, give up your valuables. Money and passports can be replaced; you cannot.
- U.S. citizens can register foreign trip and residence information with the Department of State at [travelregistration.state.gov/ibrs](http://travelregistration.state.gov/ibrs), which facilitates communication and assistance in case of an emergency.

#### Safety In the Hotel

- Keep your hotel door locked at all times.
- Look for fire safety instructions in your hotel room. Familiarize yourself with escape routes upon arrival.
- Keep valuables in the room safe or the hotel safe.

#### Safety When You Drive

- Try to drive with windows closed.
- Keep car doors locked at all times.
- Wear seat belts at all times.
- Avoid driving at night or alone, and never drive outside urban areas after dark.
- Don't drink and drive.
- Never drive a motorcycle or scooter abroad.
- If available, long-stay and business travelers should arrange a locally purchased mobile phone to be in the vehicle whenever traveling.

## SWIMMING and WATER EXPOSURE

- Currents, tides, and underwater hazards put swimmers at risk of drowning. Heed posted warnings at organized beaches, and do not bathe at unmarked, unpatrolled beaches.
- Avoid any exposure, even wading, in any part of any body of water known to be infected with schistosomiasis (bilharzia).
- Do not swim in water where there is sewage contamination or algae present.
- Do not walk on any beach after dark no matter how apparently busy, well-lit, or patrolled.

## RABIES

- Never presume an animal is free of rabies.
- Don't stroke or handle pets or unknown animals. Children need to be closely supervised.
- If bitten, scratched, or licked on broken skin, cleanse the wound immediately with soapy water and seek postexposure treatment for rabies.

## SKIN/WOUND CARE

- Broken skin may become infected and lead to serious problems. Any bite, cut, or broken skin should be cleaned with safe water. Apply an antiseptic as a solution or spray. Avoid creams since they can trap dirt.
- Increasing pain, redness, or discharge from a cut suggests a spreading infection and may require antibiotic treatment. Seek medical help.

## TUBERCULOSIS

- Tuberculosis is prevalent in most developing countries and also presents risk in certain developed countries. Avoid crowded public transportation or crowded public places which are poorly ventilated.
- Distance yourself immediately from anyone with a chronic or heavy cough.
- Screen domestic help for tuberculosis.
- Long-stay residents should have a TB skin test pre-departure and once per year thereafter.

## PRE-TRAVEL CHECKLIST

- Before departure, if you are using medication or have a medical condition, ensure adequate supplies of medication for the full journey and that they are securely packaged in their original containers and carried in more than one place. You should have a letter from your physician, stating your condition and the medications and/or medical supplies you are carrying.
- Always arrange adequate medical and evacuation insurance when traveling. Ensure all pre-existing medical issues are declared to the insurer so that non-covered conditions are ascertained in advance. Have the contact details recorded and accessible at all times during travel.
- Pre-departure medical and dental exams are advised.
- Pack a spare pair of eyeglasses or contact lenses, and adequate cleansing solution if applicable.
- If you have concerns about jet lag, altitude illness, or motion sickness ask your travel health provider about medications that may be suitable for you.
- Pack sunglasses, wide-brimmed hats, sunscreen lotions, and lip protection to avoid sun exposure problems during travel.