



STUDENT TRAVEL HEALTH CLEARANCE CHECKLIST

TO REVIEW WITH A HEALTH CARE PROVIDER
STUDENT **KEEPS** THIS PAGE

ROUTINE VACCINATIONS	COMPLETED	NOTES
MMR (measles, mumps, rubella) – 2 doses	<input type="checkbox"/> Yes <input type="checkbox"/> No	Missing: _____
Varicella (chickenpox) – 2 doses or disease	<input type="checkbox"/> Yes <input type="checkbox"/> No	
Hepatitis B series – 3 doses	<input type="checkbox"/> Yes <input type="checkbox"/> No	
Tdap (tetanus, diphtheria; pertussis) within 10 years	<input type="checkbox"/> Yes <input type="checkbox"/> No	
Meningococcal meningitis ACYW within 5 years	<input type="checkbox"/> Yes <input type="checkbox"/> No	
HPV/human papillomavirus series	<input type="checkbox"/> Yes <input type="checkbox"/> No	Missing: _____
Other (i.e., Pneumococcal)	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Not Indicated	

TRAVEL VACCINES	INDICATED	COMPLETED	NOTES
Hepatitis A – 2 doses	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	Missing: _____
Seasonal Influenza (Flu)	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	
Typhoid	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	
Japanese Encephalitis – 2 doses	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	Missing: _____
Cholera	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	
Yellow Fever	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<i>* A Yellow Fever Certificate is required for travel to certain destinations.</i>
Polio Booster	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	
Meningococcal meningitis ACYW	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	
Rabies prophylaxis – 3 doses	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	Missing: _____

For more information about vaccines, visit The Centers for Disease Control (CDC) vaccine information statements (VIS) at <http://www.cdc.gov/vaccines/pubs/vis/default.htm> or the Advisory Committee on Immunization Practices (ACIP) at www.cdc.gov/vaccines/pubs/ACIP-list.htm .

STUDENT TRAVEL HEALTH CLEARANCE CHECKLIST – continued

STUDENT **KEEPS** THIS PAGE

SPECIFIC CONSIDERATIONS (please check all that applies to student):
<p>Malaria Prevention Medication: <i>Reduce your chance of acquiring malaria.</i></p> <p><input type="checkbox"/> Indicated <input type="checkbox"/> Not Indicated <input type="checkbox"/> Not Sure _____</p> <p>SEE: https://www.cdc.gov/malaria/travelers/index.html</p>
<p>Traveler’s Diarrhea Prevention & Treatment Medicine: <i>Consider obtaining a prescription</i></p> <p><input type="checkbox"/> Indicated <input type="checkbox"/> Not Indicated <input type="checkbox"/> Not Sure _____</p> <p>SEE: https://wwwnc.cdc.gov/travel/page/travelers-diarrhea</p>
<p>High Altitude Illness Prevention Medicine: <i>Minimize altitude sickness. Consider obtaining a prescription.</i></p> <p><input type="checkbox"/> Indicated <input type="checkbox"/> Not Indicated <input type="checkbox"/> Not Sure _____</p> <p>SEE: http://wwwnc.cdc.gov/travel/yellowbook/2014/chapter-2-the-pre-travel-consultation/altitude-illness</p>
<p>TB Test advised when returning home to the United States?</p> <p><input type="checkbox"/> Indicated <input type="checkbox"/> Not Indicated <input type="checkbox"/> Not Sure _____</p>
<p>Chronic Medical Problems: If you have any chronic medical or mental health problems, see your specialist pre-travel.</p> <p><input type="checkbox"/> Indicated (reason): _____</p>
GENERAL CONSIDERATIONS:
<p>Air travel: To minimize ear pain during travel, purchase “Ear Planes” at your local pharmacy, and take a decongestant before boarding the plane. Swallow or chew gum during take-off and landing.</p>
<p>Air travel: To minimize the chance of developing a blood clot in your legs from prolonged sitting on the plain: Get up & stretch. Walk if permitted. Stretch calf muscles. Stay hydrated. Wear support stockings.</p>
<p>Heat-Related Illnesses: Overheating can result in heat exhaustion or heat stroke. Drink plenty of fluids, wear loose, lightweight, light-colored clothing & sunscreen, try to schedule outdoor activities during cooler parts of the day, rest often, and try to stay in the shade when outdoors.</p>
<p>Insect Precautions: Bugs (including mosquitoes, ticks, and some flies) can spread diseases (including Zika, dengue, & Lyme disease), many of which cannot be prevented or treated with a vaccine or medicine. Reduce your risk by taking steps to prevent bug bites. Use EPA-registered insect repellents that contain at least 20% DEET. See more tips at https://wwwnc.cdc.gov/travel/page/avoid-bug-bites .</p>
<p>Insurance: Check international coverage with your health and dental insurance plans or purchase travel insurance.</p>
<p>Jet Lag: Drink plenty of fluids before, during, and after your flight. Avoid caffeine and alcohol. Both promote dehydration, & while you might think that coffee could help keep you awake, & alcohol, help you sleep, in fact, both can disturb your sleep. Visit https://wwwnc.cdc.gov/travel/yellowbook/2018/the-pre-travel-consultation/jet-lag .</p>
<p>Serious Medical Conditions or Allergies: Purchase a medical alert bracelet or necklace specifying your condition or allergies to medicines, foods, etc. Consider having your alert jewelry printed in the language of your destination.</p>
<p>Sun: Wear sunscreen with UVA & UVB protection and a SPF>30. Protect your lips from sunburn or sun damage, wear lip balm with >15 SPF . When both insect repellent and sunscreen, apply the insect repellent first.</p>
<p>Rabies: To avoid animal bites or contact with saliva (dogs, cats, bats, monkeys, etc.), do not approach any animal, regardless of how cute they are. Consider rabies vaccination prior to travel.</p>
<p>Personal safety: Assess current safety & security risks: Visit U.S State Department at https://travel.state.gov/content/travel/en/international-travel/International-Travel-Country-Information-Pages.</p>

RESOURCES:

Centers for Disease Control & Prevention Travel: www.cdc.gov/travel
 International Association for Medical Assistance to Travelers – IAMAT: www.iamat.org
 World Health Organization – WHO: <http://www.who.int/topics/en/>
 U.S. Department of State: <https://travel.state.gov/content/travel/en/international-travel.html>

VISIT THIS SITE NOW:



STUDENT TRAVEL HEALTH CLEARANCE FORM

TO BE SIGNED BY A LICENSED HEALTH CARE PROVIDER

STUDENT SUBMITS THIS SIGNED PAGE

DATE: _____

TO: Center for Global Engagement STEP Office Other: _____

FROM: TCNJ Student Health Services OR Other health care provider _____

RE: _____ PAWS ID: _____
Student's Last name First name

I have provided a travel health consultation to the above-named student for travel to

Country(ies)

This consultation included review of the student's medical history, current or chronic medical conditions, allergies, medications required by the student and consideration of any psychiatric or mental health conditions. A review of the student's immunization record was conducted as well as review and discussion of any immunizations recommended for travel to the destination(s) indicated by the student. Travel vaccines may/may not have been recommended based on the student's specific travel plans and it is the responsibility of the student to follow through on any advised vaccinations. Based on this consultation, this student is **CLEARED** for student travel to the above listed destination (s).

Travel vaccinations were reviewed and discussed with student: YES NO

Comments: _____

Name of Healthcare Provider (print) _____
Signature of Healthcare Provider: _____
Telephone: _____
Address or Office Stamp: _____

For more information about travel health, visit
Centers for Disease Control & Prevention Travel:
www.cdc.gov/travel

For more information about vaccines, visit The
Centers for Disease Control (CDC) vaccine
information statements (VIS) at
<http://www.cdc.gov/vaccines/pubs/vis/default.htm> or
the Advisory Committee on Immunization Practices
(ACIP) at *www.cdc.gov/vaccines/pubs/ACIP-list.htm* .