

Health Self-Assessment for International Travel

It is important that you are prepared for international travel and have carefully considered any existing health conditions in consultation with your medical providers. Pre-existing health conditions may be exacerbated by changes in elevation, diet, social life, jet lag, time changes, air quality, climate, living arrangements, etc.

This guide serves as a tool for you to consider your medical history and make plans to address your needs while abroad. You may want to take notes on and use this guide to facilitate a discussion with your physician. It is also wise to discuss your health with traveling companions or those familiar with your upcoming travel so they can assist more readily in times of need.

1	<p>Do you have any disabilities for which you will need accommodations abroad?</p> <p><i>If yes, consider the information found here (Cornell site) and here (State Dept. site) or contact intlsafety@cornell.edu to discuss options.</i></p>	Yes	No
2	<p>Do you have any serious food, drug, animal or other allergies?</p> <p>If yes, are your symptoms life-threatening?</p> <p><i>If you answered yes to either question, consult with your physician to determine what precautionary steps you should take to address your condition. Consider wearing a medical alert bracelet or necklace with details of your conditions. Contact intlsafety@cornell.edu if you'd like to discuss implications of living with this condition in your host country.</i></p>	Yes Yes	No No
3	<p>Are you on a medically restricted diet?</p> <p><i>If yes, it is advisable that you speak to your physician, your program leader/advisor, and any in-country hosts arranging meals. You may also contact intlsafety@cornell.edu to discuss options.</i></p>	Yes	No
4	<p>Do you plan to take prescription medications while abroad?</p> <p><i>If yes, note that not all medications prescribed in the U.S. are legal or available in other countries. Alternate medications may need to be considered by you and your physician. Cornell Health's Travel Clinic is a great resource to discuss your options and expectations.</i></p>	Yes	No
5	<p>Have you been treated in the last five years, or are you currently being treated for any of the following conditions?</p> <ul style="list-style-type: none"> • General: Alcohol/Substance Abuse, Eating Disorder, Immunodeficiency, Severe Migraine, Seizure Disorder • Respiratory: Asthma, Tuberculosis • Gastrointestinal: Crohn's Disease, Ulcerative Colitis • Infectious Diseases: HIV/AIDS, Hepatitis • Endocrine: Diabetes • Mental Health: Anxiety Disorder, Bipolar Disorder, Depression, Obsessive Compulsive Disorder • Other chronic physical or mental health condition(s) <p><i>If yes, please consult your physician to discuss your condition and consider a continuation of care plan.</i></p>	Yes	No

6	<p>If you are traveling to a non-English-speaking country, and you have a medical condition, do you know how to describe your condition in the local language?</p> <p><i>If not, consider taking with you a written description of your condition in the local language to present, if needed while abroad. If you need assistance in finding a translator prior to departure, contact intlsafety@cornell.edu . Also note that when calling United Healthcare Global for a medical referral you can request an English-speaking physician if available.</i></p>	Yes	No
7	<p>Are any immunizations required or recommended by the CDC Traveler’s Health Website for travel to your destination country? https://wwwnc.cdc.gov/travel/destinations/list</p> <p><i>If yes, consult with your physician or make an appointment at the Cornell Health’s Travel Clinic.</i></p>	Yes	No

Additional issues to discuss with your physician(s):

- Advisability of traveling outside of the U.S. given your overall health and/or medical condition(s).
- The specific destination(s) and activities planned throughout your travel.
- How potentially dramatic changes in elevation, diet, social life, jet lag, time changes, air quality, climate, living arrangements, etc. may affect you abroad.
- Arrangements you should discuss with in-country hosts, program leaders, fellow travelers, advisors, and International Health and Safety prior to departure.