TRAVELLERS' HEALTH QUESTIONNAIRE

A pre-travel health review, and planning for any vaccinations needed, should take place no later than 4-6 weeks before intended travel. Please COMPLETE & RETURN this sheet 3-4 days before your appointment to help us best define potential medical travel needs or recommendations:

Full Name:	Date of Birt	Date of Birth: / /			
Nationality:					
Proposed Itinerary I	Circle or annotate:				
N. Datasas — Danasta — I. J. — Datasas — I. J.		Main purpose of trip: holiday / tourism / business visiting friends/family / education / adventure / mission ~ volunteering / medical or healthcare			
~ Dates : Depart: / / Ref	ates: Depart: / / Return: / /		service Other:		
Place/Region 1:	days / wks	other.			
Place/Region 2:	days / wks	<u>Likely accommodation</u> : city / town / rural / ship Aircon. motel or hotel / pvte. house or AirBnB backpackers / camping / motorhome			
Place/Region 3:	days / wks				
Place/Region 4:	days / wks	Activities likely: adventure sports / diving / cycling hiking ~ tramping / boating ~ water sports / climbing			
Place/Region 5:	days / wks				
Have you had any significant health issues witl	n				
		Details or Condition	Medication used currently or carried for use if needed		
Allergies to medicines, insects, foods	yes / no				
Asthma or other breathing problems	yes / no				
Anxiety or stress when travelling	yes / no				
Blood clots (deep vein thrombosis)	yes / no				
Bowel Issues (IBS, constipation, vomiting)	yes / no				
Migraines or severe pain issues	yes / no				
Recurrent infections (chest, bladder, sinuses)	yes / no				
Any past Medical Emergencies	yes / no				
Any recent surgery or heart issues	yes / no				
Other potential health concerns	yes / no				
f we do not hold your medical records at this	munatian mlaasal	:	tales vasculaules		
i we do not noid your medical records at this	practice, piease i	ist any medications you	take regularly.		
Name of medication & dose		Condition or Purpose of this Rx			
1.					
2.					
3					

4.

Have you organised medical insurance for your travel? Yes / No

Below is a list of the commonest vaccinations relevant to a lot of frequently-chosen destinations. Many of these may have been given in childhood, others as an adult or prior to previous travel. Please be as complete and as accurate as possible in detailing your immunisation history:

Covid Vaccination:	Date 1st	Date 1st Date 2nd D		Date of last booster
	/ /	/ /	/ /	/ /
	Have you checked th	ne entry requirements for the	e countries you intend to visit?	? Yes / No
Tetanus / aDT	Date 1st	Date 2nd	Date 3rd	Date of any booster
	7 7	/ /	/ /	/ /
Hepatitis A vaccine	Date 1st	Date 2nd	Date of any Booster	
	/ /	/ /	/ /	
Typhoid vaccine	Date	Date	Date	
	/ /	/ /	/ /	
'Flu' virus vaccine	Date Given			
(Influenza vaccine)	/ /			
Hepatitis B vaccine	Date 1st	Date 2nd	Date of any Booster	
(for healthcare workers)	/ /	/ /	/ /	
'Dukoral' Oral Vacc.	1 st Sip	2 nd Sip	Booster Sip	
(traveller's diarrhoea)	/ /	/ /	/ /	
Other Travel Vacc.	Name / Type	Date Given	Date of any Booster	
		/ /	/ /	
		/ /	/ /	

Some additional issues for thought:

- > Is/are your travel companion(s) **aware** of any significant health issue *you* have?
 - eg. food allergy, diabetes (or low blood sugar episodes), asthma, epilepsy ... & you aware of theirs?
- > Do you have a **copy** of your passport and any important papers, contact numbers, and considered how you will carry documents / money safely?
- > Checked current travel advisories? See: https://www.safetravel.govt.nz/travel-advisories-destination

- Who knows where you'll be (your back-up contacts) & how they'd contact you, ... or vice-versa. Do you need to consider registering your intended travels? See: https://www.safetravel.govt.nz/register-your-travel
- > Have you organised a personalised 1st aid kit for this, & future, travels? (... perhaps something for motion-sickness/nausea, pain or cramps, diarrhoea or constipation, cut or rashes, plasters/tape, an antihistamine or antacid ...) or, for an 'over-the-top' list of suggestions, see: https://wwwnc.cdc.gov/travel/page/pack-smart
- > Might you need a spare pair of reading glasses or contacts?
- > Do you need a power plug adaptor o'seas? https://www.power-plugs-sockets.com
- ➤ If travelling to mosquito-prone areas, have you found some light clothing to cover up against mosquitoes at dawn & dusk? ... a good mossie-strength repellent? https://bestsurvival.org/best-mosquito-repellent/
- > Ladies: depending on the destination & life stage currently, do we need to plan to manage periods while away?
- > Sunblock? Sunglasses? Earplugs! ... sense of humour ...

... a little preparation now can help ensure the success of the trip and the avoidance of unnecessary hassles.