

# PLAN AHEAD BEFORE YOU TRAVEL

## If you'll be traveling abroad, give yourself



# months to prepare

Take steps to prepare for your specific travel destination.

Visit [Plan Ahead Before You Travel \(www.health.mn.gov/diseases/travel/plan.html\)](http://www.health.mn.gov/diseases/travel/plan.html) to get started!

1. Find out what you need and tips for healthy travel
2. Schedule an appointment to get any vaccines or medicines before you travel



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### *Traveling last minute?*

It is always a good idea to visit a health or travel clinic even if you may not be able to follow this timeline, such as going on a last-minute trip. Refer to [CDC Traveler's Health: Last-Minute-Travelers \(wwwnc.cdc.gov/travel/page/last-minute-travelers\)](http://wwwnc.cdc.gov/travel/page/last-minute-travelers) for steps to take before traveling on short notice. Even if you are a frequent traveler, it is important to stay updated on necessary medications and vaccinations.

- Some travel clinics or health clinics may have last-minute appointments. Call ahead to ask!
- For more routine adult vaccinations, pharmacists may be able to provide walk-in or same day services.

# PRE-TRAVEL CHECKLIST



## 6 months before you travel

- Find and call a health care clinic or travel clinic for an appointment
  - » Check with your health care provider to see what vaccines you need and make a plan to complete needed vaccines.
- Ask your insurance if they will cover the medications and vaccines needed for your trip.
- Double check that you will have all the necessary health documentation required for travel to your destination country(ies).

## 3 months before you travel

- **Reminder: Make your travel clinic appointment, if you haven't already!** Some vaccines need to be given several weeks to months before travel. You will also want to give your body time to develop immunity after getting vaccinated.

## 4-6 weeks before you travel

- Visit your travel clinic or primary care clinic.
  - » Get necessary vaccines.
  - » Make sure you have necessary medications that will last your whole trip and medical documentation, if needed.
  - » Know what questions to ask your health care provider before travel.
- Figure out a “just in case” plan for if you need health care while traveling.

## 2-3 weeks before you travel

- Pack your prescription medications. You should have enough medication to last your whole trip.
- Pack an emergency first aid kit and emergency contact information. Refer to [CDC Traveler's Health: Pack Smart \(wwwnc.cdc.gov/travel/page/pack-smart\)](https://wwwnc.cdc.gov/travel/page/pack-smart) for a suggested packing list.

Visit [Guidance for Travelers: International Travel & Infectious Disease \(www.health.mn.gov/travel\)](https://www.health.mn.gov/travel) to learn more about staying healthy before, during, and after international travel. **If you return and do not feel well, visit a health care provider and let them know you recently traveled internationally.**