

Health Checklist

By Nicole Nichols-West

- General Recommendations
 - Have a consultation with a travel medicine specialist when planning a trip.
 - Make sure your eating habits are healthy.
 - Exercise regularly.
 - Reduce stress.
 - Avoid tobacco (cigar included) & excess alcohol.
 - Keep your medical condition under control.
 - Consume safe water and food.
 - Avoid mosquito bites.
 - Use sunscreen.
- Vaccination
 - Hepatitis A - stay more than one month.
 - Hepatitis B - stay for longer periods (more than 1 month).
 - Typhoid Fever - stay 3 years.
 - Tetanus/ Diphtheria booster - every ten years after primary complete (3 shots) course.
 - Rabies - if you might have extensive unprotected outdoor exposure in rural areas (camping or hiking).
 - Influenza - annual
 - Pneumococcus - every 5 years
 - Tuberculosis - a skin test is recommended before departure and after one year in a high Tb Country.
- Accident
 - Wear safety belt in cars, helmet on bikes.
 - No cellular phone while driving.
 - Avoid alcohol, fatigue, jet-lag and all night-driving.
 - Avoid overcrowded public transport.
 - Never swim at an unmarked or unguarded beach.
 - Have an insurance company for you and your vehicle.
 - Do not disturb animals.

- Check Up
 - Mammography every 1-2 years women 40-69 year-old.
 - Annual clinical breast examination by a specialist.
 - Cholesterol check.
 - After 50 year-old, flexible sigmoidoscopy every 3-5 year.
 - Blood Glucose every 1-3 years.
 - Blood Pressure every 2 years.
 - Treadmill Test if you plan a vigorous exercise program.