Kaiser Permanente Global Health Program (KP- GHP)
Pre-Departure Check List

☐ Check the US Department of State web site: http://www.state.gov/travel/ for any travel warnings specific to your intended destination.

☐ Register with the US consulate in your host country.
https://travelregistration.state.gov/ibrs/home.asp

☐ Check the Centers for Disease Control and Prevention web site:
http://www.cdc.gov/travel/ for any health alerts specific to your destination.

☐ Visit the travel clinic at your local Kaiser Foundation Hospital to discuss specific preventive interventions you may need. For example:
  
  o If you might be exposed to needle sticks, blood, or body secretions in an HIV endemic area, you may consider taking post-exposure prophylactic medication (PEP kit) with you.
  
  o You should be immunized against Hepatitis A well in advance of traveling abroad (two doses required).
  
  o You should have an up-to-date dT (diphtheria-tetanus).
  
  o You might need to take malarial prophylaxis in an endemic country.
  
  o If you might be exposed to TB, you should get a PPD in advance of your travel and again after your return.

☐ Take a supply of common medications (antibiotics, pain relief, Pepto-Bismol, etc.) with you when traveling to isolated areas.