

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:
 - 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.
 - You should be immunized against Hepatitis A well in advance of traveling abroad (two doses required).
 - You should have an up-to-date dT (diphtheria-tetanus).
 - You might need to take malarial prophylaxis in an endemic country.
 - 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.