CNMC Pediatric Residents
Health and Safety Checklist
For International Electives

Safety

☐ Visit the State Department travel website and review up-to-date Country Specific Information for your destination. Look for any Travel Warnings (long-term situations affecting safety or stability) or Travel Alerts (short-term conditions) to your planned destination or areas of through travel.

☐ From State Department country information, obtain up-to-date information on visa requirements.

☐ Register your trip with the State Department

Travel registration is a free service provided by the U.S. Government to U.S. citizens who are traveling to, or living in, a foreign country. Registration allows you to record information about your upcoming trip abroad that the Department of State can use to assist you in case of an emergency. Complete the process online and you will be able to register with the specific embassy or consulate in your destination country.

☐ Find the location of the nearest US Embassy/Consulate in your destination country: Directory of all US Embassies abroad

Go to State Department Travel Tips for more recommendations on planning a safe trip.

☐ Obtain Travel Insurance Prior to Departure

Should include: Evacuation, Repatriation, Emergency Medical Expenses (with specified deductible), and may also include trip cancellation/luggage loss. Rates vary from $80 - $180 for a thirty day period.

International SOS
International Medical Group
STA Travel
Highway to Health
Health

☐ Review general recommendations for travel to your destination country on:

   CDC Travel Health Website

☐ It is recommended that you visit a travel clinic at least 2 months prior to
departure to allow vaccines to take effect. Fees for travel clinic services
and vaccines are usually *not* covered by insurance and must be paid out-of-pocket.

Pre-travel consultation and immunizations is available at:

Traveler’s Medical Service of Washington, DC
2141 K St., N.W., Ste. 408
Washington, DC 20037
Phone: (202) 466-8109

Directories of Local Travel Clinics can also be found at:

   American Society of Tropical Medicine and Hygiene
   DC Department of Health

☐ Review packing list for recommended health and first aid essentials.

☐ Vaccines
   Comprehensive information on Vaccinations for Travelers is available at
   the CDC Website. You may also want to search by Destinations to find
   our which specific vaccines are recommended for where you are going.

☐ Malaria Prophylaxis

   Prophylaxis against malaria may be recommended in the region you are
   traveling to. Visit the CDC Website on Malaria to see if prophylaxis is
   needed and which medications are recommended, based on prevalence
   of chloroquine resistance. Use the interactive Malaria Risk Map to
determine malaria risk by city/region of the country you are going to.

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