

**AFRICOM Travel Medical Checklist**

1. As soon as possible meet with your home station medical team for travel medicine counseling, medication prescriptions, and immunization review/administration. Optimal immune response to vaccine may require weeks.

Immunization requirements are determined using the below DHA website:

[Vaccine Recommendations by AOR | Health.mil](https://health.mil/MHSHome/Military%20Health%20Topics/Health%20Readiness/Immunization%20Healthcare/Vaccine%20Recommendations/Vaccine%20Recommendations%20by%20AOR)

# REQUIRED IMMUNIZATIONS:

* + - Hepatitis A
    - Hepatitis B
    - Influenza
    - MMR
    - Meningococcal
    - Pneumococcal (required for certain health conditions and for age 65 or over) [Pneumococcal Vaccination: Who and When to Vaccinate | CDC](https://www.cdc.gov/vaccines/vpd/pneumo/hcp/who-when-to-vaccinate.html)
    - Tdap or Td (booster required every 10 years)
    - Typhoid (booster required every 2 years)
    - Varicella
    - Polio (primary series and 1 adult booster dose per Vaccine Recommendations by AOR)
    - Yellow Fever (entry requirement
  1. Bring your COVID-19 Vaccination Card. Most current COVID-19 vaccination IAW CDC guidelines is

**HIGHLY** recommended.

# Medication Requirements:

* 1. **MANDATORY:** ALL FELLOWS, PLEASE COORDINATE WITH YOUR PCM TO RECEIVE MALARIA PROPHYLAXIS MEDICAITONS BEFORE ARRIVING TO CAPSTONE
  2. **MANDATORY:** Travelers’ Diarrhea treatment medications (from your PCM prior to arriving)
  3. Bring sleep medication if needed (from your PCM prior to arriving)
  4. Bring personal supply of powdered oral rehydration packets (e.g., commercially purchased Liquid I.V.® or DripDrop®) to self-treat Travelers’ Diarrhea.
  5. For any chronic medical conditions requiring specialty care, obtain medical clearance to travel from your primary care manager. Bring a 30-day supply of all prescription medications.

# Other Considerations:

* 1. Bring broad-spectrum sunscreen (SPF 30 or higher), insect repellent (30-50% DEET, 20% Picaridin, or IR3535), and appropriate clothing and headgear for outdoor events and weather extremes.
  2. Travel between locations may include vehicles, buses, and aircraft. If you are susceptible to motion sickness, bring medication for symptom prevention/relief such as scopolamine or meclizine.

Reviewed December 2024