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**EUCOM 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 several 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:

* + - Diptheria
    - Hepatitis A
    - Hepatitis B
    - Influenza
    - MMR
    - Pneumococcal (required for 65yrs or older and <65yrs with high risk health conditions) [Pneumococcal Vaccination: Who and When to Vaccinate | CDC](https://www.cdc.gov/vaccines/vpd/pneumo/hcp/who-when-to-vaccinate.html)
    - Polio
    - Tdap or Td (booster required every 10 years)
    - Varicella (Chickenpox) 
    - Yellow Fever (NOT REQUIRED FOR ENTRY)
    - Bring your COVID-19 Vaccination Card. Most current COVID-19 vaccination IAW CDC guidelines is **HIGHLY** recommended

1. Medication Requirements:

MANDATORY: Travelers’ Diarrhea treatment medications (from your PCM prior to arriving)

Bring sleep medication if needed (from your PCM prior to arriving)

1. Bring personal supply of powdered oral rehydration packets (e.g. commercially purchased Liquid I.V.® or DripDrop®) to self-treat Travelers’ Diarrhea
2. 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:

* Bring broad-spectrum **sunscreen** (SPF 30 or higher), **insect repellent** (30-50%

DEET, 20% Picaridin, or IR3535) and appropriate clothing for outdoor events and weather extremes.

* 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

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