

USINDOPACOM Travel Checklist

A. Immunizations – use this DHA website for specific immunization requirements:

<https://www.health.mil/MHSHome/Military%20Health%20Topics/Health%20Readiness/Immunization%20Healthcare/Vaccine%20Recommendations/Vaccine%20Recommendations%20by%20AOR#PACOM>

Notes:

- i. “DoD Required” immunizations are required for all fellows, not just AD military
- ii. Take this list to your local travel health office for specific immunization updates
- iii. Obtain laboratory proof of immunization (“titers”) for MMR, and Chickenpox (Varicella) since not all of these immunization series will have been completed during government service. If “negative” or “equivocal” on any vaccination, re-immunize prior to travel.
- iv. Yellow Fever (not required but highly recommended) must be entered in CDC 731 (International Yellow Card) and stamped if required. Japanese Encephalitis (not required but highly recommended) is required for Korea. Anthrax, Rabies, and small pox vaccinations are not required for travel.
- v. Typhoid – two types of vaccination. One is an inactivated (killed) typhoid vaccine and is administered as an injection. Repeated injectable doses are recommended every 2 years for people who remain at risk.
The live typhoid vaccine is administered orally (total 4 capsules) and needs to be repeated every 5 years for people who remain at risk.
- vi. **Please have your travel office create a yellow shot card (“International Certificate of Vaccination or Prophylaxis” – CDC 731) with a full listing of the required immunizations (to include COVID).**

B. Health Assessments – For any chronic medical condition (e.g. requiring daily medication, specialist care, annual or greater medical appointments), obtain medical clearance to travel from your primary care manager. Importantly, many CAPSTONE locations will be in areas where MEDEVAC may be difficult and/or protracted. Please alert the NDU Health and Fitness Office (202-685-4750/4751/2791) if you have any concerns. Bring a minimum of 5-week supply of all prescription medications.

C. Outdoor precautions

- i. Bring sunscreen (SPF 30+), insect repellent (30-50% DEET, 20% Picaridin, IR3535) as well as appropriate travel clothing for outdoor events.
- ii. Travel between locations may include vehicles, buses, and fixed/rotary wing aircraft. If you are susceptible to motion sickness, bring medication to assist with symptoms (scopolamine, dimenhydrinate (Dramamine), meclizine).

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