

CAPSTONE 26-3 WHEM Medical Travel Checklist

1. Meet with your primary care provider or travel medicine clinic as soon as possible for travel medicine counseling, to review and receive any required immunizations, and to renew any medication prescriptions that you will need during travel. **Make sure to bring a list of countries you will be visiting during your field study that were provided in Capstone checklist email #1.** We recommend discussing the following with your provider:
 - 1.1. Malaria – Risk of transmission is LOW for our planned itinerary. Malaria prophylaxis medications are not required.
 - 1.2. Travelers' Diarrhea & Dehydration – Risk of Traveler's Diarrhea and Dehydration is MODERATE for countries we are visiting. **Treatment medications such as loperamide (Imodium) and azithromycin (Zithromax) should be provided by your home station medical team and brought with you.** We also strongly recommend that you bring your own personally procured supply of powdered oral rehydration packets (Liquid I.V.®, DripDrop®, or equivalent) to prevent and/or treat dehydration.
 - 1.3. Jet Lag – We will be crossing multiple time zones and traveling through several nights. We strongly recommend obtaining any sleep-aide medication such as zolpidem (Ambien) or melatonin from your home station medical team. **The Capstone medical escort will not have sleep-aide medications available.**
 - 1.4. Motion Sickness – Travel between locations will include vans, buses, and aircraft. If you are susceptible to motion sickness, we recommend you bring over the counter or prescribed medications for symptom prevention and relief such as scopolamine (Scopace) or meclizine (Dramamine).
 - 1.5. Chronic Medical Conditions – Obtain medical clearance to travel from your primary care manager for any chronic medical conditions requiring specialty care. You must bring a 30-day supply of all prescription medications and any over the counter (OTC) medications you may need with you from your home station medical team.
 - 1.6. Sunscreen & Insect Repellent – 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.
 - 1.7. Deep Vein Thrombosis (Blood Clots) – Flights should not be too long on this itinerary, however it is recommended you hydrate well and walk around the plane to avoid blood clots.
2. Confirm you are up to date on all of the following required USSOUTHCOM Immunizations with your local Military Treatment Facility or Public Health Department:
 - 2.1. COVID-19 (recommended but not required)
 - 2.2. Hepatitis A
 - 2.3. Hepatitis B
 - 2.4. MMR
 - 2.5. Pneumococcal (required for individuals over the age of 50 and those at higher risk, i.e. smoker, chronic heart/lung/kidney disease, diabetes, autoimmune conditions – consult with your medical provider if you think you may need this)
 - 2.6. Polio
 - 2.7. Tdap or Td (booster required every 10 years)
 - 2.8. Typhoid
 - 2.9. Varicella (if you didn't have chickenpox as a child)
 - 2.10. Yellow Fever**(Immunization requirements determined by COCOM and published at: [Vaccine Recommendations by AOR | Health.mil](https://www.health.mil/Portals/0/Files/2017/07/2017-07-20-Vaccine-Recommendations-by-AOR-Health.mil.pdf))