

WHEM 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#SOUTHCOM>

Notes:

- a. “DoD Required” immunizations are required for all fellows, not just AD military
 - b. Take this list to your local travel health office for specific immunization updates
 - c. 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.
 - d. Rabies vaccination is not required for travel
 - e. A single, lifetime dose of Yellow Fever is required and must be appropriately annotated on your yellow shot card (see below).
 - f. Typhoid – vaccination comes in 2 varieties – an injection (“Typhim Vi”) and oral (“Vivotif” – 4 capsules). The injectable variety provides protection for 2 years and the oral for 5 years.
 - g. 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. For the Yellow Fever Vaccination, list the date of the vaccination and insert the phrase “life of person vaccinated” in the “Certificate Valid” column.**
- 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 at least a 5-week supply of all prescription medications.
- C. Malaria prophylaxis – Required for the duration of travel + 1-4 weeks post-travel depending on medication used. Obtain medication from your primary care manager or travel office.
- D. Outdoor precautions
- a. Bring sunscreen (SPF 30+), insect repellent (30-50% DEET, 20% Picaridin, IR3535) as well as appropriate travel clothing for outdoor events.
 - b. 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).