

WHEM Medical Travel Checklist

A. Immunizations: use the below DHA website to review specific immunization requirements:

[Vaccine Recommendations by AOR | Health.mil](#)

- i. Meet with your local travel health office for travel medicine counseling, sleep medications if needed, and immunization review/update.
- ii. “DoD Required” immunizations are required for **all** Fellows.
 - Required Immunizations:
 - COVID-19
 - Hepatitis A
 - Hepatitis B
 - Influenza
 - MMR
 - Polio
 - Tdap or Td (boost required every 10 years)
 - **Typhoid** (this is required every two years so the most likely immunization that you are expired on)
 - Varicella
 - **Yellow Fever**
- iii. If you are expired on Typhoid or any other immunization, please ensure you get vaccinated before arrival to CAPSTONE. Neither NDU nor the local Fort McNair clinic carry routine immunizations so if not immunized before arrival, you will need to go to another local base to get immunized which can be challenging to arrange around your busy CAPSTONE schedule.
- iv. Obtain laboratory proof of immunization (“titers”) for MMR, and Chickenpox (Varicella) if you have not received the vaccinations. If the results are “negative” or “equivocal” re-immunize prior to travel.
- v. **MANDATORY:** Bring your COVID-19 Vaccination Card.
- vi. **MANDATORY:** You must have your home station Immunization Clinic create a yellow shot card (“International Certificate of Vaccination or Prophylaxis” – CDC 731) with a full listing of the required immunizations.

B. Health Assessments/Medication Requirements:

- i. Meet with your local travel health office for travel medicine counseling and sleep medications as required.
- ii. **MANDATORY:** Malaria Chemoprophylaxis
- iii. **MANDATORY:** Several countries we are visiting have a high risk of Travelers’ Diarrhea. Medications for self-treatment should be obtained from your home station medical team.
- iv. For any chronic medical conditions (e.g., requiring daily medications or specialty care requirements), obtain medical clearance to travel from your primary care manager. Bring a minimum of 10-week supply of all prescription medications.

C. Other Considerations:

- 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), or meclizine).