

From Called to Sent

Caring For Your Health Checklist

Beforehand:

- Review country data at the Centers for Disease Control: www.cdc.gov
- Sign up for Smart Traveler Enrollment Program through the State Department: www.travel.state.gov
- Visit a travel clinic and obtain needed immunizations
- Review your health with your primary care doctor; plan for availability of routine meds
- Figure out how to get continued supply of needed meds
- Buy travel insurance that will organize medical evacuation for you
- Put together a basic medicine kit (diarrhea, pain meds, etc.). Don't forget high DEET insect repellent.

When you get there:

- Find a primary care doctor (Embassy will usually provide a list if you ask)
- If you know you'll need specialty care, figure out where you will go
- Talk to other expats, embassy staff, etc., about local risks
- Watch for information about serious illnesses such as cholera
- Find out about—and follow—the embassy rules on traffic and driving

HLS

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