



Checklist: Health

- Talk with your health care provider** about your vaccination schedule and set up appointments. If you have any medical conditions or special considerations or if you have prescriptions that you will be taking or will need to get filled while you are away, discuss them with your health care provider. Many universities have travel clinics that can be helpful in meeting your medical needs before you leave. Make sure you obtain written documentation for any vaccinations you receive, as you will need to carry a copy of this while you are traveling.

- Check with your insurance company** about which medical services will be covered while you are overseas. If you do not have health insurance or do not have comprehensive coverage, refer to [GO Resources: Health and Safety](#) for information on international health insurance.

- Visit the [Centers for Disease Control and Prevention Travelers' Health website](#) to**
 - obtain information on vaccination recommendations and requirements** for the region you will be visiting and
 - determine whether malaria prevention medications are recommended** for the area you will be traveling to and what precautions you will need to take.

- Set up an appointment with your health care provider** or travel clinic to obtain the appropriate vaccinations, prescriptions, and antimalarial medications necessary for your trip.

- If you need to obtain malaria prevention medications**, you should allow at least 4-6 weeks to see your health care provider and to fill your prescription. It is likely that you will need to begin taking this medication before you leave for your trip. For information on malaria symptoms, prevention, and types of malaria prevention medications, visit the CDC's Travelers' Health [Information for the Public: Prescription Drugs for Malaria](#).

- Double-check that you are up to date on your vaccinations, pack extra prescriptions, contact lenses, and personal medical supplies, and have insurance in place in case of an emergency.** Review the CDC's Travelers Health [Travel Health Tips for Students Studying Abroad](#).

Notes
