

## Health Care Before International Travel Transcript

Keep you and your family safe and make the most of your time during your trip abroad by visiting a health care provider before traveling internationally. Visit a travel health clinic, or if you are not able to go to a travel clinic, visit your primary care clinic to discuss your travel.

It is important to see a doctor even if you're traveling to a country you have lived in or visited before. There may be new diseases in the area, or you could be more at risk than you were in the past. If you have an international trip planned soon, make sure to schedule a clinic visit as soon as you have made your plans, preferably at least a month before your departure in case you need medications and vaccinations for your trip. However, it is never too late to visit a travel clinic. Some travel clinics have availabilities for walk-ins or last-minute appointments if you are not able to make one in advance. Travel clinics are open to everyone!

Before your appointment, look into costs and coverage for the visit. Call your insurance company or the clinic you plan to go to. You can also find free or low-cost clinics in Minnesota if finance is a barrier to visiting a health clinic before travel.

During your appointment, tell your provider if you are worried about the cost of medications or vaccinations. You should also let your health care provider know these three things:

1. Where you'll be traveling (including specific countries and places within the country),
2. How long you will be visiting, and
3. What you will be doing while traveling.

You also need to discuss any underlying conditions you may have, like diabetes or high blood pressure, current medications, and allergies.

If you are feeling sick after returning from your trip, follow up with your health care provider for a post-trip visit and make sure to let any health care providers know you were traveling internationally.

Pre-travel checkups aim to protect you and your loved ones during your international trip and help ensure a fun and smooth time abroad. Make an appointment to see what you need for your trip!

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