

Preparing Individuals for International Travel: Assessment of Risk, Intervention Plan, and Implementation of Preventive and Treatment Options

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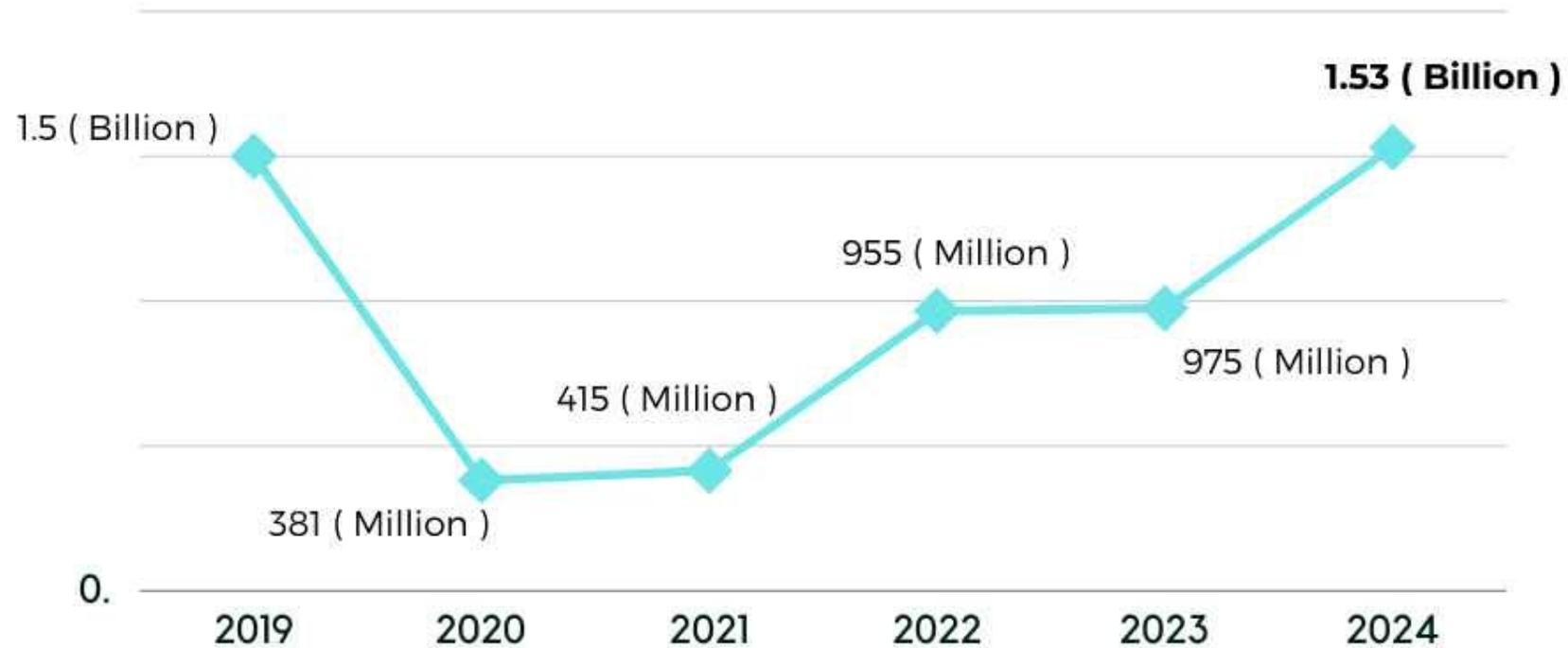
Objectives

- Review some of the main risks associated with international travel and how to assess those risks as part of an individualized plan of prevention and care.
- Identify processes for determining pharmaceutical, non-pharmaceutical, and vaccine plans important for an individual traveler.
- Explore challenges and opportunities that can protect the traveler, their families and the health of their communities.

Carrico Disclosures

- Advisory Boards—Sanofi [influenza vaccine], Pfizer [meningococcal vaccine, COVID-19 vaccine, Paxlovid], Moderna [COVID-19 vaccine], Valneva [travel vaccines], Seqirus [influenza vaccine], Novavax [COVID-19 vaccine], GSK [improving immunization processes], Sepsis Alliance, Association for Healthcare Value Analysis [AHVAP]; American Association of Nurse Practitioners [vaccines, vaccination, leadership]; CDC HICPAC [healthcare personnel workgroup]
- Speakers Bureau —Sanofi [influenza immunization], Pfizer [pneumococcal immunization, RSV immunization, COVID-19 immunization, Paxlovid]
- Consultant- Dynavax Technologies [Hepatitis B]; VaxCare [vaccination logistics]; American Hospital Association [environmental infection control]

International Tourist Arrival In 2024



International Travel Barometer

- Travel has returned to virtually all countries mirroring travel patterns prior to 2019
- Complicating factors include the economic impact of the SARS-CoV-2 pandemic and resultant influence on public health
- Public health impact includes water safety, food safety, insect control, and animal control
- Additional influencers involve global vaccine acceptance and vaccine access

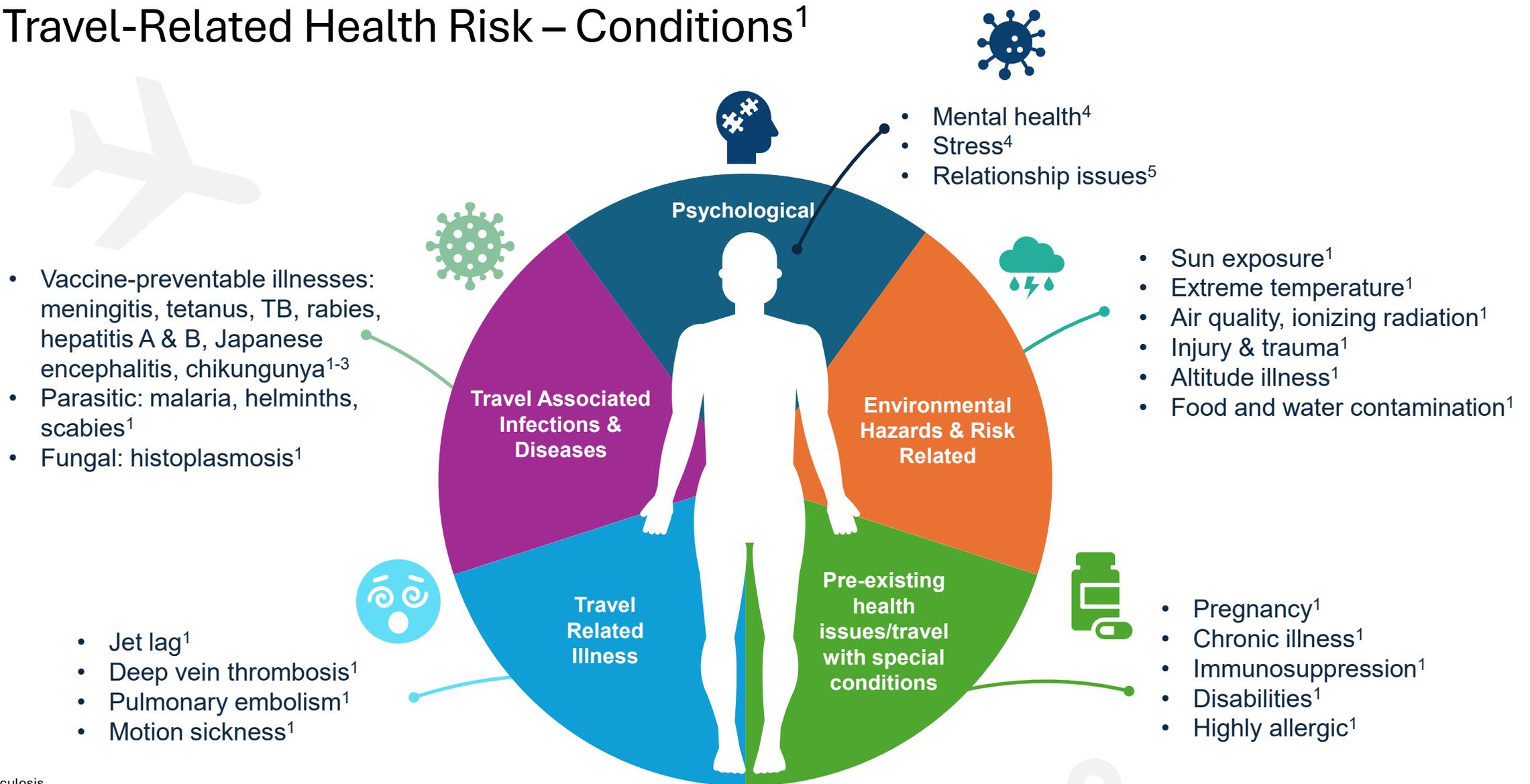
Travel Health and Global Public Health

- Lack of recognition regarding risks of international travel
- Lack of familiarity with how international destinations differ in terms of food/water/animal/insect/societal safety
- Use of pre-travel counseling by less than 15% of travelers leaving the US for a foreign country
- Similar use of specialized counseling when travelers visiting friends or relatives in another country. Repeat visit to that same location rarely involves specialized travel counseling.
- End result are millions of at-risk travelers each year. Since current transportation capabilities enable an individual to be in any country within 24 hours, the potential impact on their return communities can be substantial.

What is Pre-Travel Counseling?

- Risk assessment
 - Risks posed by itinerary [planned, unplanned]
 - Risks posed by or complicated by existing health conditions
- Risk mitigation
 - Level of risk aversion
 - Vaccines, medication, non-pharmaceutical interventions
 - In-travel as well as post-travel considerations
- Plan development
 - Accessing interventions
 - Stepwise interventions
 - Follow-up

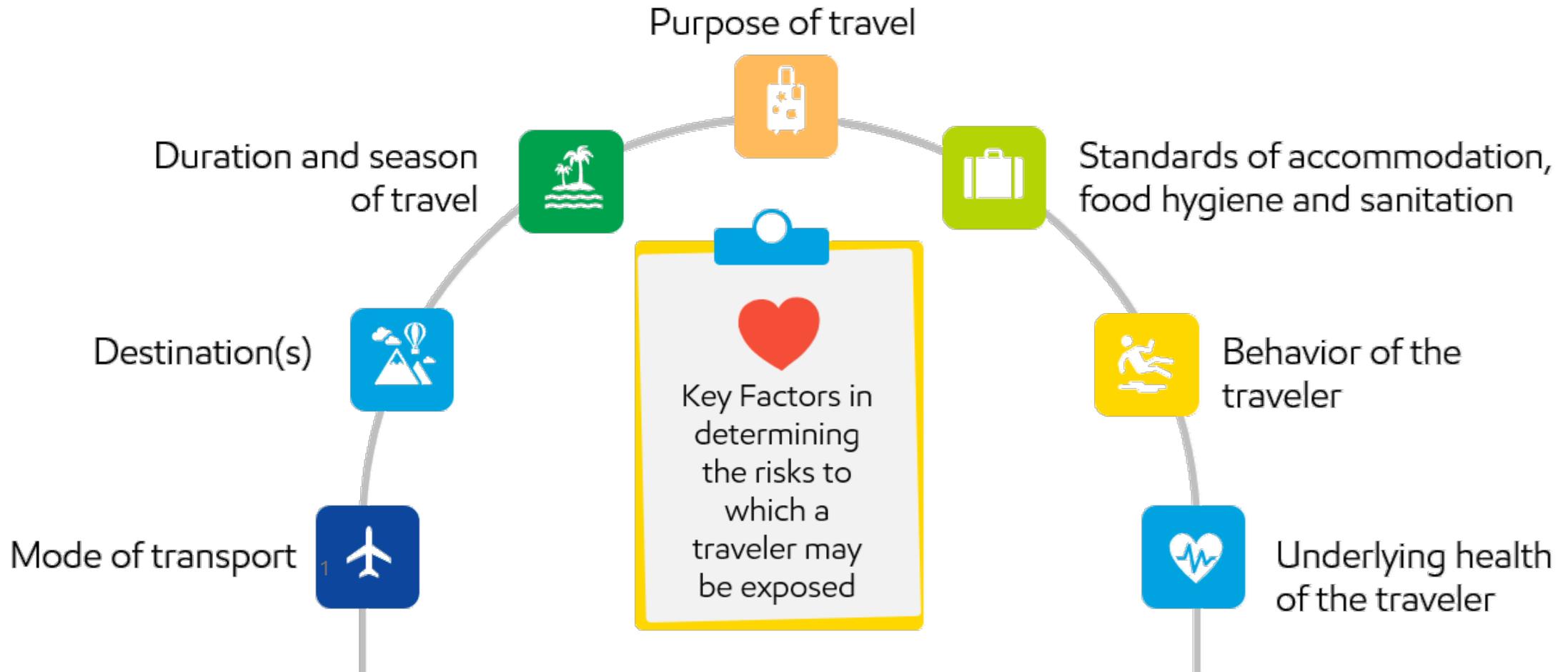
Travel-Related Health Risk – Conditions¹



TB=tuberculosis

1. CDC. Accessed April 29, 2024. <https://wwwnc.cdc.gov/travel/yellowbook/2024/table-of-contents>. 2. CDC. Vaccine-Preventable Diseases: Viral. Accessed April 29, 2024. <https://wwwnc.cdc.gov/travel/yellowbook/2024/infections-diseases/vaccine-preventable-diseases-viral>. 3. CDC. Vaccine-Preventable Diseases: Bacterial. Accessed April 29, 2024. <https://wwwnc.cdc.gov/travel/yellowbook/2024/infections-diseases/vaccine-preventable-diseases-bacterial>. 4. CDC. Mental Health. Accessed April 29, 2024. <https://wwwnc.cdc.gov/travel/yellowbook/2024/preparing/mental-health>. 5. CDC. Sex & Travel. Accessed April 29, 2024. <https://wwwnc.cdc.gov/travel/yellowbook/2024/work-and-other-reasons/sex-and-travel>.

Travel Health Risk Assessment



Ideal Travel Medicine Clinic Attributes

Board-certified personnel

- Infectious Diseases Physicians, Family and Pediatric Nurse Practitioners, Registered Nurses, Infectious Diseases Clinical Pharmacists, Public Health Professionals

One Stop for Travel Vaccines, Routine Immunization, and Prescriptions for Your Travel

- Insurance accepted for routine immunization
- Prescription medication for travel available at the time of vaccination visit

Pre-travel consultation

- Vaccines, preventive and treatment medication
- Personal safety during travel
- Management of chronic medical conditions during travel
- Provision of international vaccine certificate
- Specialty vaccine provider
- **Certified Yellow Fever Vaccination Center**

In-travel consultation

- Virtual (e.g., Zoom or TEAMS) and email connections

Post-travel evaluation consultation

- Illness follow-up

Health History

- Medical History (past and present)
 - Current medical conditions
 - Prior surgical procedures
 - Recent dental procedures
- Allergies
 - Medication
 - Food
- Current Medication
 - Prescription
 - Allergic reaction response
 - Non-prescription
 - Herbals
- Vaccination History
 - Documentation of vaccine and dates received
 - Titer results
- Tuberculosis
 - Prior testing and results

Do you have heart problems?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Are you allergic to bee stings?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you have high blood pressure or take high blood pressure medicine?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Do you have diabetes? If yes, do you take insulin? <input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you have bleeding problems, take anticoagulants, aspirin, or aspirin therapy?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Do you have tuberculosis, or tested positive for tuberculosis?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you have lung problems, asthma, or chronic bronchitis/shortness of breath?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Do you have a history of depression, anxiety, or other psychiatric disorder?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Are you currently taking antibiotics?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Have you ever had a seizure, convulsion, epilepsy, neurological condition, or brain infection?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Are you currently experiencing any respiratory infections or other acute illness or infections?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Do you have a history of Guillain-Barre Syndrome?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you have any skin conditions (e.g., psoriasis)?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Are you prone to motion sickness?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you experience nightmares or insomnia?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Are you allergic to eggs, yeast, or any other foods?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you any immune system problems, such as cancer, HIV, or AIDS?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Do you take any cortisone, prednisone, steroids, chemotherapy, or other biologic (e.g., Humira, Remicade, etc.)?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Have you had your thymus gland removed or a history of problems with your thymus, such as myasthenia gravis, DiGeorge Syndrome, or thymoma?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Do you have any eye conditions (e.g., glaucoma)?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you have stomach/bowel conditions, such as frequent diarrhea, constipation, or irritable bowel syndrome?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Have you ever fainted from an injection or from having your blood drawn?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you smoke?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	During the past three (3) months, have you received a transfusion of blood or plasma, or been given immune globulin?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you drink?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Do you have <u>ANY</u> other health issues for which you see a health professional? Please describe:		
Do you have any medication or food allergies?			_____		

Travel Itinerary

- Purpose of your travel
- Dates of travel (when and for how long)
- Who is traveling with you
- What country/countries will you be visiting
- Order of those country visits
- Where will you be staying
- Planned activities
- Potential/unplanned activities
- Have you been to this/these countries before
- Information from travel sponsor/travel agent/in-country partners/in-country business
- Risk acceptance/risk avoidance
- What research have you done regarding your travel

Personalized Travel Report

The screenshot shows the CDC Travelers' Health website interface. At the top, there is a blue header with the CDC logo and the text "Travelers' Health". A search bar is located on the right side of the header. Below the header, the breadcrumb "Travelers Health > Destinations" is visible. On the left, a navigation menu includes "Travelers Health", "Destinations" (highlighted), "Travel Notices", "Advice for Travelers", "Find a Clinic", "Clinician Resources", "CDC Yellow Book", "Research and Surveillance", and "Frequently Asked Questions". The main content area is titled "Destinations" and features a text box about measles cases increasing globally. Below this, there is a "Destinations" section with a photo of a woman in an airport and a dropdown menu labeled "Where are you going?". To the right, a "Can't Find What You Need?" section provides contact information for CDC-INFO, including a phone number (1-800-232-4636) and an email link. A "CDC Privacy Policy" link is also present.

The advertisement for Shoreland travax features the brand name "Shoreland travax" in a large, bold font. Below the name, the text reads "Log in to the world of travel medicine." and a blue button with the text "Learn more" and a right-pointing arrow is displayed. The background includes a woman in purple scrubs working at a computer, a map of South America with several countries highlighted in red, and a large blue "H" logo on the right side.

Other options available for searching travel health information. Also try ISTM.org

Risks Associated with Travel

- Food you eat
- Food preparation
- Water you drink
- Mosquitos
- Other insects
- Swimming
- Illnesses and opportunities for transmission from those who are local (including sexual transmission)
- Altitude illness
- Vehicle safety
- Personal safety
- Emergency medical care
- Emergency evacuation

Food and Water Safety During International Travel

- Contaminated food or drinks can cause vomiting and diarrhea
- The following foods are usually safe:
 - Foods served hot
 - Dry or packaged foods
- The following drinks are usually safe:
 - Bottled or canned drinks
 - Hot drinks (if served steaming hot) and without additives such as cream or lemon
 - Pasteurized milk (including cheeses made with pasteurized milk)
 - Alcohol

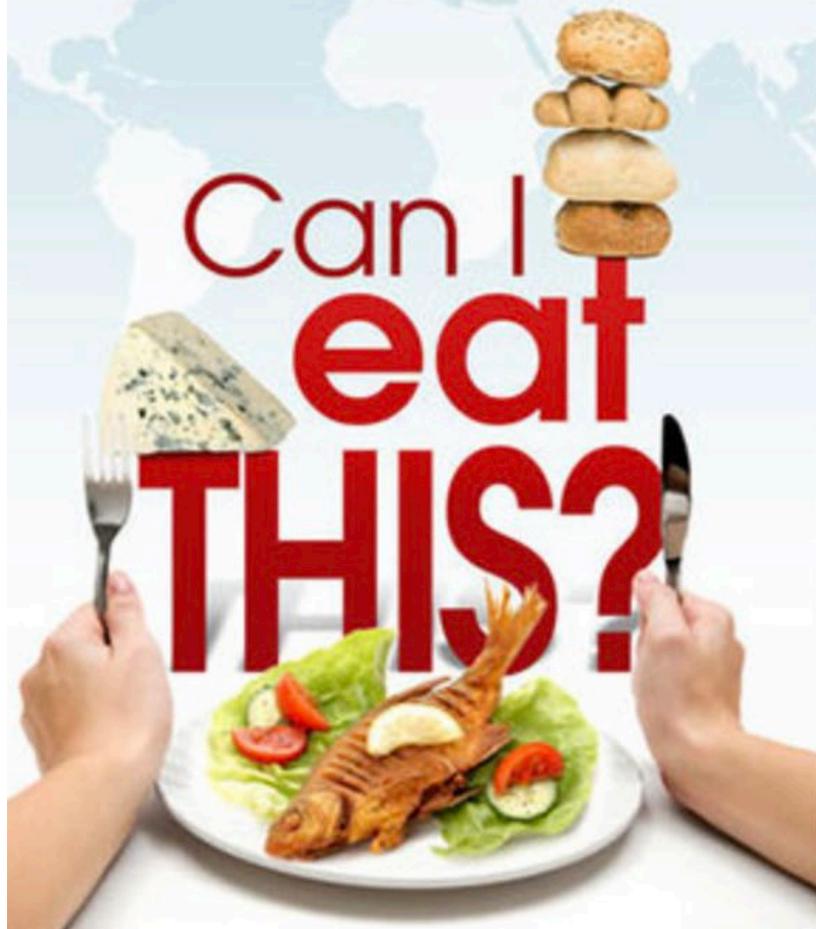
Food and Water Safety During International Travel

- The following foods can be risky:
 - Raw foods
 - Street foods
 - Bushmeat
 - Some seafood may be toxic
- The following drinks can be risky:
 - Tap water
 - Fountain drinks
 - Ice
 - Freshly squeezed juice
- CDC App **Can I Eat This?** Available for iOS and Android phones

TRAVELERS' HEALTH 
TRAVEL SAFE. TRAVEL SMART.



Can I
eat
THIS?



Carrier

2:25 PM



Can I eat this?

India



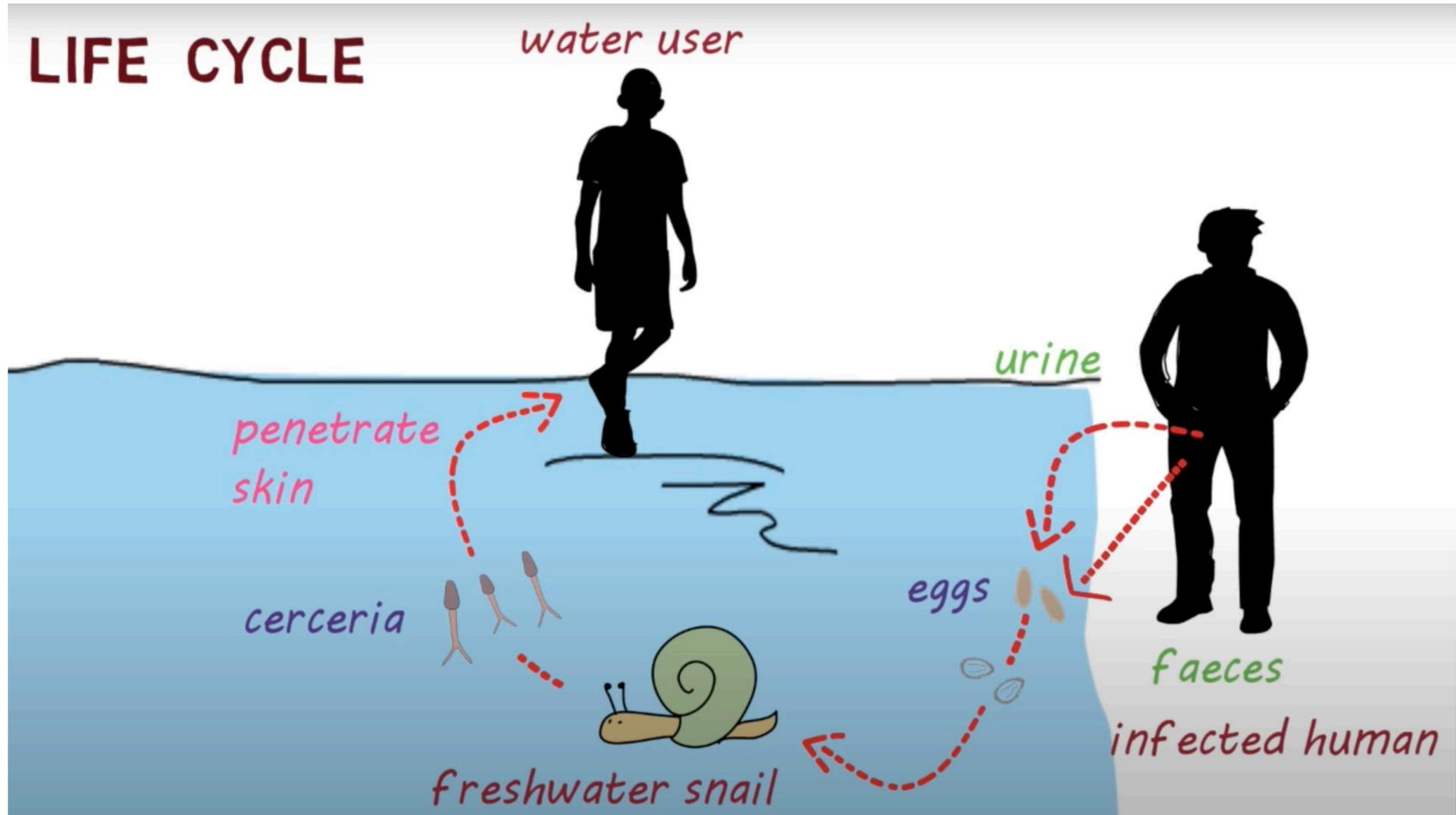
Are you eating or drinking?



Water Safety During International Travel

- Think before you eat or drink
- When swimming, recognize that sewage may be dumped directly into ocean, lakes, ponds
- Standing ponds or lakes are higher risk for parasite contact
- Try to shower after swimming
- Non-infectious risks include animals in the water, currents, rocks and debris

Water Safety During International Travel



Travelers' Diarrhea

- Travelers' diarrhea is the most common travel-related illness
- Can occur anywhere, but the highest-risk destinations include:
 - Asia
 - Middle East
 - Africa
 - Mexico
 - Central and South America
- Choose food and drink carefully
- Wash/sanitize hands
- Stay hydrated (safely!)
- Consider use of over-the-counter medication (ideally purchase in US and take with you)
- Only take antibiotics if needed (ideally purchase in US and take with you)
- Identify medical care options before you need them

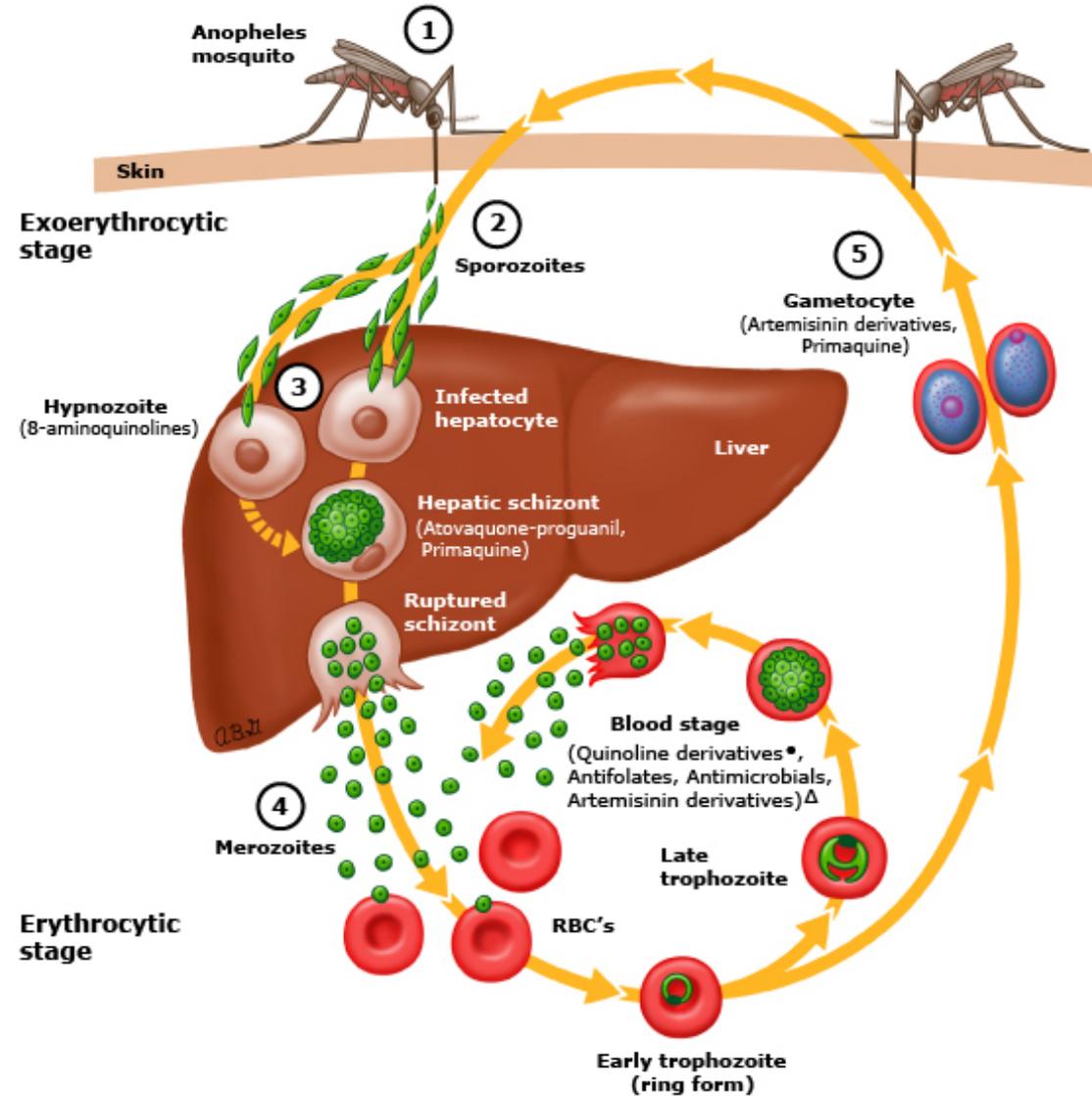
Mosquitos and Other Insects During International Travel

- Mosquitos often the greatest insect risk
 - Malaria
 - Yellow Fever
 - Dengue Fever
 - Chikungunya
 - Japanese encephalitis
- Tickborne diseases
 - Tickborne encephalitis
 - African tick-bite fever
- Fleas
 - Plague
- Tsetse Fly
 - African Trypanosomiasis (African Sleeping Sickness)
- Triatomine (kissing bug)
- Chagas Disease (American Trypanosomiasis)

Mosquitos and Other Insects During International Travel

- Dress appropriately when outdoors: wear light-colored clothing, wear long pants and sleeves, tuck in shirts, tuck pants into socks, and wear closed-toe shoes.
- Use an EPA-registered insect repellent:
 - DEET (at least 20%, but 30%-50% ideal)*
 - Picardin
 - Oil of lemon eucalyptus (do not use on children 3 or younger)
 - Para-menthane-diol (do not use on children 3 or younger)
 - 2-undecanone
- Use on the skin. Remember some mosquitos may follow you indoors
- Safe for pregnant and breastfeeding women
- “Natural” products, such as citronella, are not effective
- Apply sunscreen first, then insect repellent
- Wipe off and reapply regularly (e.g., 4-6 hours)
- Use permethrin-treated clothing and gear, or treat your gear and clothing with permethrin before departure from your home in the US. Not used on skin
- Consider mosquito netting

Malaria Parasite Life Cycle: Why Preventive Medication is Important



Tick Exposure During International Travel

To help prevent tick bites:

- Do the mosquito precautions and stay out of tall grass, brush, or heavily wooded areas; walk in the center of hiking trails.
- Check clothing after returning from outdoors
- Check backpacks or other items you carried outdoors
- Check pets
- If clothing to be reworn, either wash in hot water or tumble in hot dryer for at least 10 minutes
- Shower after returning from outdoors
- Check skin carefully. Ticks do not attach for several hours, so an immediate shower may wash them off. Be prepared to remove ticks as soon as you find them

Altitude Illness

The low oxygen levels found at high altitudes can cause problems for travelers who are going to destinations higher than 8,000 feet above sea level.

Ascend Gradually

If you plan to travel to a higher altitude and sleep there, you can get sick if you don't ascend gradually:

- Do not go from a low altitude to sleeping at higher than 9,000 feet above sea level in one day. Instead, spend a few days at 8,000–9,000 feet before proceeding to a higher altitude to give your body time to adjust to the low oxygen levels.
- Once you are above 9,000 feet, increase your sleeping altitude by no more than 1,600 feet per day. For every 3,300 feet you ascend, try to spend a day without ascending further.
- Do not drink alcohol or do heavy exercise for at least the first 48 hours after you arrive at an altitude above 8,000 feet
- As an alternative, consider taking a day trip to a higher altitude and then return to a lower altitude to sleep
- If your itinerary does not allow gradual ascent, a medication to prevent altitude illness might be an option.

Altitude Illness

The symptoms of altitude illness are similar to those of a hangover:

- headache,
- tiredness,
- lack of appetite,
- nausea, and vomiting.
- Children who cannot yet talk may just seem fussy.

Treatment

- Mild cases can be treated by alleviating symptoms (such as with painkillers for a headache) and should go away on their own within a few days.
- Medicines are available to shorten the time it takes to get used to high altitude. However, people with altitude illness should not continue to ascend until they have gotten used to the altitude.
- **A person whose symptoms are getting worse while resting at the same altitude must descend or risk serious illness or death.**

Altitude Illness

High-altitude Cerebral Edema (HACE)

One severe consequence of altitude illness is swelling of the brain (HACE).

Symptoms include extreme fatigue, drowsiness, confusion, and loss of coordination.

HACE is rare, but it can be fatal. If it develops, the person **must immediately descend to a lower altitude.**

Pre-existing medical conditions

People with pre-existing medical conditions should talk with a doctor before traveling to high altitudes:

- People with heart or lung disease should talk to a doctor who is familiar with high-altitude medicine before their trip.
- People with diabetes need to be aware that their illness may be difficult to manage at high altitudes.
- Pregnant women can make brief trips to high altitudes, but they should talk with their doctor because they may be advised not to sleep at altitudes above 12,000 feet.

Vaccines for Travel

Hepatitis A

Hepatitis B

Typhoid

Cholera

Rabies

Meningococcal disease [ACWY and B]

Polio

Tickborne encephalitis

Japanese encephalitis

Chikungunya

Yellow Fever

Catching Up on Routine Vaccines

Diphtheria*

Tetanus*

Pertussis*

Measles +

Mumps+

Rubella +

Varicella

HPV

Shingles

Meningococcus (Groups ACWY+B)

Pneumococcus

Influenza

COVID-19

RSV



Tdap-adults
Dtap-children

MMR or
MMRV (select children)

Personal Safety

- Avoid animals. If bitten or scratched (skin broken), seek medical care. Rabies risk as well as skin/soft tissue infection. If you cannot help yourself and you must pet all animals, please consider rabies vaccine
- Always wear seat belt and be situationally aware of traffic
- Avoid walking through areas alone, especially at night
- Be aware of pickpockets so keep money, passport and telephone in safer areas (e.g., not in your back pocket)
- Use “traditional” taxis and avoid use of personal cars (individuals asking to transport you)
- Do not travel with valuables you cannot live without
- Avoid clothing that promotes a political message
- Be aware of local laws or customs that may put you at risk if you violate
- If in a situation where you are confronted or assaulted, avoid fighting over items that may cost you your life or health
- Have consulate/embassy contact information readily available

Your Individualized Plan

- Non-pharmaceutical interventions
 - DEET
 - Permethrin
 - Mosquito netting
- Prescriptions
 - Travelers' diarrhea
 - Malaria
 - Altitude illness
- Non-prescription medication
 - Loperamide
 - Oral rehydration
 - NSAIDS
 - Aspirin
 - Melatonin
- Medical kit
- Special needs
 - Needles/syringes/suture
 - Exemption documentation (e.g., Yellow Fever vaccine)
 - Prescriptions to carry with you
 - Epinephrine autoinjector

CDC has a nice checklist to use, too.

Medical Kit- CDC Suggestions

Medications

Destination-related, if applicable:

- Antimalarial medications
- Medication to prevent or treat high-altitude illness

Pain or fever (one or more of the following, or an alternative):

- Acetaminophen
- Aspirin
- Ibuprofen

Stomach upset or diarrhea:

- Over-the-counter antidiarrheal medication (such as loperamide [Imodium] or bismuth subsalicylate [Pepto-Bismol])
- Antibiotics for self-treatment of moderate to severe diarrhea
- Packets of oral rehydration salts for dehydration
 - Mild laxative

- Antacid

Throat and respiratory discomfort:

- Antihistamine
- Decongestant, alone or in combination with antihistamine
- Cough suppressant or expectorant
- Throat lozenges

Anti-motion sickness medication

Epinephrine auto-injector (such as an EpiPen), especially if history of severe allergic reaction; smaller-dose packages are available for children

Any medications, prescription or over the counter, taken on a regular basis at home

Medical Kit- Basic First Aid

- Disposable gloves (≥ 2 pairs)
- Adhesive bandages, multiple sizes
- Gauze
- Adhesive tape
- Elastic bandage wrap for sprains and strains
- Antiseptic
- Cotton swabs
- Tweezers*
- Scissors*
- Antifungal and antibacterial ointments or creams
- 1% hydrocortisone cream
- Anti-itch gel or cream for insect bites/stings
- Aloe gel for sunburns
- Moleskin or molefoam for blisters
- Digital thermometer [new battery!]
- Saline eye drops [sterile]
- First aid quick reference card

*Note: If traveling by air, travelers should pack these sharp items in checked baggage, since they could be confiscated by airport or airline security if packed in carry-on bags.

Medical Kit- Other Items to Consider

- Insect repellent
- Sunscreen (≥ 15 SPF)
- Antibacterial hand wipes or an alcohol-based hand cleaner, containing at least 60% alcohol
- Useful items in certain circumstances:
 - Extra pair of contact lenses, prescription glasses, or both, for people who wear corrective lenses
 - Mild sedative (such as zolpidem [Ambien]), other sleep aid, or antianxiety medication
 - Latex condoms
 - Water purification tablets
 - Commercial suture or syringe kits to be used by a local clinician. (These items will often require a letter from the prescribing provider on letterhead stationery.)



- Always wear seat belts and put children in car seats.
- Ride only in marked taxis that have seat belts.
- Be alert when crossing the street, especially in countries where people drive on the left.
- Don't drink and drive.
- Expect cars and trucks to share the road with pedestrians, bicycles, rickshaws, and animals.
- Don't ride motorcycles. If you must ride a motorcycle, wear a helmet.
- Know local traffic laws before you get behind the wheel.
- When possible, avoid riding in a car in a developing country at night.
- Avoid overcrowded, overweight, or top-heavy buses or vans.

Developing Your To Do List

Use this checklist to gather supplies, medication, and information for your trip well **BEFORE** you leave

Keep track of your vaccination record [Yellow Card] so you do not miss vaccines that are needed for travel and routine health. Keeping track can also prevent you from have vaccinations that are not necessary. Keep a photo of your card for quick reference.

Name: _____

Homework:

- DEET 30%-50% for skin
- Sunscreen SPF \geq 30
- Permethrin for clothes
(Can be found at Bass Pro Shop, Quest, or Cabela's)
- www.travel.state.gov (**Smart Traveler Enrollment Program**)
- Imodium (loperamide) and antibiotic for diarrhea symptoms
- Address how to manage chronic conditions
- Consider travel and medical evacuation insurance
- Scan your passport and yellow card to email to yourself

Yellow Card

- International Vaccine Record
- Documents routine vaccines as well as those relevant to international travel
- Helps you keep track of your vaccines
- Provides officials at the border of countries you are entering with information about your vaccines that may be relevant to public health outbreaks or health concerns
- Take photo and make sure you can access.
- Consider establishing email account to maintain this and other important documents and share password and access with others at home (e.g., in US) so they can assist, if needed.

**INTERNATIONAL CERTIFICATE OF
VACCINATION OR PROPHYLAXIS**
AS APPROVED BY
THE WORLD HEALTH ORGANIZATION

**CERTIFICAT INTERNATIONAL DE
VACCINATION OU DE PROPHYLAXIE**
APPROUVÉ PAR
L'ORGANISATION MONDIALE DE LA SANTE

TRAVELER'S NAME—NOM DU VOYAGEUR

ADDRESS—ADRESSE (Number—Numéro) (Street—Rue)

(City—Ville)

(County—Département) (State—Pays)

DEPARTMENT OF HEALTH AND HUMAN SERVICES
CENTERS FOR DISEASE CONTROL AND PREVENTION

CDC 731 (formerly PHS-731) CR113730

INTERNATIONAL CERTIFICATE OF VACCINATION OR PROPHYLAXIS

certificat international de vaccination ou de prophylaxie

This is to certify that ① Jane Mary Doe ② 22 March 1960 F United States
 thus certifies que (name - nom) (date of birth - né(e) le) (sex - de sexe) (nationality - et de nationalité)

[passport number] whose signature follows ③ Jane Mary Doe
 national identification document, if applicable - document d'identification nationale, le cas échéant dont la signature suit

As on the date indicated been vaccinated or received prophylaxis against ④ Yellow Fever in accordance with the International Health Regulations.
 été vacciné(e) ou a reçu une prophylaxie à la date indiquée (name of disease or condition - nom de la maladie ou de l'affection) conformément au Règlement sanitaire international.

Vaccine or prophylaxis Vaccin ou agent prophylactique	Date	Signature and professional status of supervising clinician Signature et titre du professionnel de santé responsable	Manufacturer and batch no. of vaccine or prophylaxis Fabricant du vaccin ou de l'agent prophylactique et numéro du lot	Certificate valid from: until: Certificat valable à partir du : jusqu'au :	Official stamp of the administering center Cachet officiel du centre habilité
④ Yellow Fever	⑤ 15 June 2018	⑥ John M. Smith, MD	[Batch (or lot) #]	⑦ 25 June 2018; life of person vaccinated	[⑧]

What To Do if Passport Lost or Stolen

- Have paper copy of passport and yellow card to carry with you
- Take photos of passport, yellow card, visa, travel itinerary, airline reservations, hotel reservations and have copy on your phone and also saved to the cloud
- Keep copy of all documents in an email account and consider sharing username and password with a trusted family member or friend
- Have telephone number and location of US embassy or consulate in the country/countries you will be visiting
- Consider carrying an extra passport photo with you [2 copies the same size used for your passport]

Followup

- Medication [e.g., malaria medication to be taken after leaving the risk area]
- Vaccines
- Questions about health post-travel [e.g., fever, gastrointestinal symptoms, skin lesions identified during or after travel]
- Planning for test international travel experiences. What went well, what did not go well, questions, how changing health issues may impact future travel ideas.

Resources

CDC Yellow Book

PHF Pink Book

[CDC.gov/travel](https://www.cdc.gov/travel)

[ISTM.org](https://www.istm.org)

[Immunize.org](https://www.immunize.org)

[TH101.com](https://www.th101.com)