Pack for a Healthy Trip

Some packing recommendations from the Centers for Disease Control (CDC):

- Your prescriptions: inhalers and EpiPens
- Travelers diarrhea antibiotic
- Medicines to prevent malaria
- Glasses and contacts
- Diarrhea medication (Imodium or Pepto-Bismol)
- Antacid
- Antihistamine
- Mild laxative
- Cough drops, cough suppressant, or cough expectorant
- Decongestant
- Pain and fever medications (acetaminophen, aspirin, or ibuprofen)
- Hand sanitizer (containing at least 60% alcohol)
- Insect repellent (with an active ingredient like DEET or picaridin)
- Sunscreen (with UVA and UVB protection, SPF 15 or higher)
- Antibacterial ointment
- Digital thermometer
- Bandages

*See WPI Health Services for a complete list from the CDC.

WPI Health Services

32 Hackfeld Road
Worcester, MA 01609
508.831.5520

Call to schedule an appointment.

OR

Schedule your own appointment online through the Health Portal.
Travel Health Consultation

Vaccinations
During a Travel Health Consultation your medical provider will review your immunization records keeping in mind important immunizations that will be needed or are recommended for travel to specific areas.

It is important to see your medical provider as soon as possible as some vaccination courses take several weeks to complete.

Other Health Concerns
Your medical provider will also review specific disease concerns for the area you will be traveling to, as well as general medical concerns regarding travel. The topics may include:

- Malaria
- Typhoid
- Hepatitis
- Japanese Encephalitis
- Yellow Fever
- Travelers Diarrhea
- Rabies
- Deep Vein Thrombosis (DVT)
- Altitude Sickness
- Zika
- General health and safety topics

Plan ahead to make sure you have all the medicine and supplies you will need for the duration of your trip.

Talk with your insurance company about a prescription travel over-ride, then ask your health care provider for a prescription providing the amount of medication you need for travel.

Bring a list of your medications, doses, and why you take them in case of an emergency!

All medicine should be in the original packaging and packed in your carry-on.

Some medications may not be allowed into certain countries (Epi Pens, stimulants for ADHD, etc.) - check with the embassy prior to travel!

*A note about stimulants: Massachusetts will only allow a prescription to be filled for up to 60 days maximum for controlled substances. If you are traveling for more than 7 weeks, please plan accordingly.

Additional Travel Health Resources

CDC.gov for Travelers Health Information
World Health Organization (WHO)

WHERE CAN I SCHEDULE A TRAVEL HEALTH CONSULTATION?

You can schedule a Travel Health Consultation with:

- WPI Health Services
- UMass Memorial Campus: Travel Clinic
  - Outpatient North Clinic
  - 119 Belmont Street, Worcester, MA
  - 855.862.7763
- Passport Health Worcester Travel Clinic
  - 365 Main Street, Suite 103, Worcester, MA
  - 508.365.2039
- AFC Urgent Care
  - 117A Stafford Street, Worcester, MA
  - 508.755.4010
- Worcester Medical Center
  - 123 Summer Street, Worcester, MA
  - 508.852.0600
- CVS MinuteClinic
  - 44 West Boylston Street, Worcester, MA
  - Walk-in clinic

Call and schedule your consultation as soon as possible! During busier times appointments may be booked out weeks in advance!

*Not all travel immunizations are given at all of the above locations. Please call and see what is available.

Not all vaccinations and travel medications are covered by your insurance. Call your insurance provider to see what your specific insurance plan will cover in regards to travel medicine.