**Travel Consult:**

Reason for travel:

Modes/Style of travel:

Depart:

Return:

Duration of stay:

Destination(s) (inc urban/ rural/ remote locations):

Season(s):

Accommodation:

Budget: cheap/middle/ expensive

Exposures:

Specific Activities:

- Extreme sports/activities eg SCUBA – PADI; altitude climbing

- Risk Taking Behaviours: accidents no. 1 cause of injury o/s.

- EtOH/drugs:

- Tattoos/piercings/ medical or dental procedures:

- Sexual:

Previous travel:

Travel Insurance?:

Smart Traveller/DFAT registration?:

Medical Kit?:

PMHx:

- old ECG

- Immunosuppression – disease or medication?

- pregnancy?

Health Summary?:

Medications:

- split medication supply

- sharps container

- consider 2 watches and slowly adjust for time differences

Allergies:

- Consider medic-alert bracelet

- Allergy plans

<http://www.allergy.org.au/images/stories/anaphylaxis/2015/ASCIA_Travel_Plan_Anaphylaxis_2015.pdf>

<http://www.allergy.org.au/images/stories/anaphylaxis/2016/ASCIA_PCC_Travelling_with_allergy_checklist_2016.pdf>

Immunisations:

- Previous vax:

- Routine:

- Required:

- Recommended:

**Plan**

* Advised to get travel insurance and register with Smart Traveller/DFAT and to scan and email self all travel docs
* Given Health Summary
* Discussed mosquito avoidance techniques including using effective insect repellent, insecticide products, sleeping inside or using mosquito nets, wearing long shirts/pants, avoid perfume/aftershave and to seek review if develops a fever
* Discussed food/water precautions including avoid tap water (including ice), unpasteurized milk, undercooked/raw meat, fish, eggs and fruit/veg that that are unwashed (or that are washed in tap water) – “boil it, cook it, peel it or forget it”
* Discussed traveller’s diarrhoea management
* Discussed air travel and DVT risk/prevention – Qantas fitness to fly https://www.qantas.com.au/infodetail/flying/beforeYouTravel/mediform.pdf
* Advised to not touch animals (dogs, monkeys etc) and discussed first aide if bitten
* Advised to not swim in fresh water or seek review on return
* Discussed safe sex advice
* Discussed medical kit use
* Discussed specific risks eg altitude sickness, motion sickness, travel anxiety
* Directed to traveller information on CDC website: wwwnc.cdc.gov/travel/
* Immunisations

Yellow Fever vaccination:

 - Currently well

 - No live vaccines last 4 weeks

 - No anaphylaxis to egg or other vaccine components

 - No known immunocompromise

 - Risks and SE's discussed in full

 - Yellow book completed

 - Vaccine administered - wait 30 mins prior to leaving