

Health Recommendations After Travel

The majority of illnesses that occur during and after travel are caused by the common illnesses including viral upper respiratory infections, bronchitis and urinary tract infections.

However, because of the prevalence of different and potentially more serious infectious diseases, your travel history must be discussed with your clinician if you become ill. The most serious travel-related infections include malaria, typhoid fever, dengue fever and tuberculosis. Traveler's diarrhea and sexually transmitted infections can also occur.

Symptoms that should prompt an urgent clinician appointment include:

- Fever
- Diarrhea or intestinal problems
- Skin rash or sores
- Swollen lymph nodes

At your visit, be prepared to tell your clinician:

- Dates of travel and time spent at each destination
- Description of accommodations
- Information on pre-travel immunizations
- Information on anti-malarial drugs taken during and after travel
- The use of insect repellent and bed netting
- Illnesses during travel
- Exposures to
 - undercooked food, untreated water, unpasteurized dairy products
 - animals, insects, fresh water swimming
 - new sexual partners

If you are feeling well, routine blood and stool tests are not routinely recommended upon return. An appointment with a travel clinician can be considered after a prolonged stay (> 3 months) in remote, tropical or malarious areas.

Check our website: www.uhs.berkeley.edu to learn more about this medical concern or others.

For an appointment www.uhs.berkeley.edu or call **510-642-2000**

Clinic Nurse **510-643-7197** for advice