

THIS QUIZ WILL HELP YOU DECIDE

if you should see a travel medicine specialist before your trip.

- **A)** Using the map below, enter **1** if you are traveling to low-risk areas, **2** for moderate-risk areas and **3** for high-risk areas.

Answer the following questions, entering 1 for each "yes" answer and 0 for each "no" answer:

- **B)** Do you have a chronic illness such as diabetes, heart or pulmonary disease, stomach disorder, etc.?
- **C)** Are you pregnant or experiencing a medical condition which is currently unstable?
- **D)** Will you be staying in rural accommodations and/or eating local foods in a moderate- or high-risk area?
- **E)** Will you be traveling off the beaten path, camping or taking part in adventure activities in a moderate- or high-risk area?
- **F)** Will you be staying for more than one month in a moderate- or high-risk area?

— *Add lines A - F to determine your score.*

If your score is 3 or more:

Consult a travel medicine specialist to help you prepare for your trip. If possible, set up an appointment 1 to 2 months before your departure date to allow adequate time for all vaccinations.




If your score is 2:

Meet with your regular health care provider before you leave.

If your score is 1:

Practice sensible health and safety precautions while traveling.



 Risk Level 1:	 Risk Level 2:	 Risk Level 3:
Low risk of disease from food, water and insects	Moderate risk of disease from food, water and insects	High risk of disease from food, water and insects

