

Travel Health Guidelines

Date: [Insert Date]

Dear [Patient's Name],

As you prepare for your upcoming overseas trip, it is important to take the necessary steps to ensure your health and safety while traveling. Please review the following travel health guidelines:

1. Vaccinations

Make sure you are up-to-date on routine vaccinations. Depending on your destination, additional vaccinations may be recommended.

2. Medication

Pack enough medication for your trip, along with a copy of your prescription. Consider carrying a travel health kit with first aid supplies.

3. Food and Water Safety

Be cautious with food and water. Drink bottled or boiled water and eat foods that are cooked thoroughly.

4. Insect Protection

Use insect repellent to protect against mosquito-borne illnesses. Consider sleeping under a mosquito net if necessary.

5. Travel Insurance

Purchase travel insurance that covers health care and emergency evacuation in case of unforeseen events.

We recommend scheduling a pre-travel consultation to discuss your specific health needs. Safe travels!

Sincerely,

[Your Name]

[Your Title]

[Your Clinic or Practice Name]