



## Children's National Pediatric Residents Health and Safety Checklist for International Electives

### Safety

- Visit the [State Department](#) travel website and review up-to-date Country Specific Information for your destination. Look for any **Travel Warnings** (long-term situations affecting safety or stability) or **Travel Alerts** (short-term conditions) to your planned destination or areas of through travel.
- From State Department Country Specific Information, obtain up-to-date information on visa requirements.
- Register your trip with the [State Department Smart Traveler Enrollment Program](#)
  - Receive up-to-date information about the country you are traveling to
  - Automatically receive important updates including travel warnings and alerts
  - Assistance available in case of emergency
- Find the location of the nearest US Embassy/Consulate in your destination country: [Directory of all US Embassies abroad](#)

Go to [State Department Travel Tips](#) for more recommendations on planning a safe trip.

- Obtain Travel Insurance Prior to Departure  
Should include: Evacuation, Repatriation, Emergency Medical Expenses (with specified deductible), and may also include trip cancellation/luggage loss. Rates vary from \$80 - \$180 for a thirty day period.
  - [International SOS](#)
  - [International Medical Group](#)
  - [STA Travel](#)
  - [Highway to Health](#)

### Health

- Review general recommendations for travel to your destination country on: [CDC Travel Health Website](#)
- It is recommended that you visit a **travel clinic** at least 2 months prior to departure to allow vaccines to take effect. Fees for travel clinic services and vaccines are usually *not* covered by insurance and must be paid out-of-pocket.

Pre-travel consultation and immunizations is available at:

[Traveler's Medical Service](#) of Washington, DC  
2141 K St., N.W., Ste. 408  
Washington, DC 20037  
Phone: (202) 466-8109

A directory of Local Travel Clinics can also be found at: [American Society of Tropical Medicine and Hygiene](#)

- Review suggested packing list for recommended health and first aid essentials.
- Vaccines  
Comprehensive information on [Vaccinations for Travelers](#) is available at the CDC Website. You may also want to search by [Destinations](#) to find out which specific vaccines are recommended for where you are going.
- Malaria Prophylaxis  
Prophylaxis against malaria may be recommended in the region you are traveling to. Visit the CDC Website on [Malaria](#) to see if prophylaxis is needed and which medications are recommended, based on prevalence of chloroquine resistance. Use the interactive [Malaria Risk Map](#) to determine malaria risk by city/region of the country you are going to.