VIRTUAL TRAVEL CLINIC

1. Go to: [www.cdc.gov/travel](http://www.cdc.gov/travel) for country specific information
2. **Basic Recommendations**
3. Mosquito Precautions

--Cotton/breathable clothes

--Repellant: DEET containing <30% for kids

--Mosquito Netting

 Link to CDC Handout: English: <https://wwwnc.cdc.gov/travel/page/infographics-prevent-bug-bites>

Spanish: <https://wwwnc.cdc.gov/travel/files/prevent_bug_bit_spa.pdf>

1. Food and Water Precautions

--Bottled Water and Drinks

--No ice

--Well cooked foods

--Wash all fruits and veggies yourself

--Pasteurized milk products only

 Link to CDC Handout:

English: https://[wwwnc](https://wwwnc.cdc.gov/travel/files/infographic-food-water-whats-safer.pdf).cdc.gov/travel/files/infographic-food-water-whats-safer.pdf

Spanish: <https://wwwnc.cdc.gov/travel/files/infographic-food-water-whats-safer-sp.pdf>

1. Malaria Prophylaxis: Check CDC Travel website for your specific country and region. If indicated, good choices are:
2. **Malarone**(Atovoquone Proguanil)-not approved for babies<5kg

 Start 2 days pre-trip to malarious areas and continue 7 days post trip

1. **Doxycycline**: for 8 yrs and older only.

 Start 1-2 days pre-trip and continue for 4 weeks post trip

1. **Primaquine**(contraindicated for G6PD). Primarily for Plasmodium Vivax

Start 1-2 days pre-trip and for 7 days post trip

 Insurance: HP covers Malarone and Doxycycline. K1stcovers Primaquine only **unless has prior auth**.

 Pharmacy Availability: Has to be ordered

SEE attached [Table](file:///Users/dantaylor/Downloads/Virtual-Clinic%20%281%29.docx) prepared by ID for dosing et al considerations

D. Additional Vaccines: Check for Country-Specific Recommendations @CDC website. The most commonly recommended are:

i Typhoid: not indicated if less than 2yrs

>/= 2yrs: ViCPS—(IM). Given at least 2 weeks pre-trip

>/=6yrs: Oral Live Attenuated Vacc.(Vivotif). One capsule qodx4 doses. Complete at least 1 wk pre-trip.

 Insurance: Not covered. Cost approx. 60$

 Pharmacy Availability: Has to be ordered

ii Yellow Fever: Must give at least 10 days before trip but generally not available. Can contact UPENN “Stamaril Clinic”

If there is a national shortage of YF vaccine. Stamaril is an acceptable substitute. If the vaccine is required for entry into the country:

-- Contact Penn Travel Medicine in Radnor—610-902-5618. At present the only local resource.

--Stamaril can be given for children 9 months and older

--Should be given at least 10 days prior to the trip

--Cost is $95 for consultation fee and $205 for the vaccine itself. If we send a copy our visit as proof that we did the consult already, they will waive the $95 fee

--Often booked weeks to months in advance. Call ASAP to schedule appt.

 Insurance: Not covered. Cost?.

1. **Local Travel Clinics** are not covered by insurance. Consult fees range from $50-$100/person. Vaccine costs not included. For more info, link to: www.phila.gov/health/pdfs/TravelHealth
2. **Prior Auth Forms for meds/injectables:**

HealthPartners:

<https://medicare.healthpartnersplans.com/prescription-drugs/2019-prior-authorizations?_ga=2.235218119.752185391.1550883686-877619117.1550883686>

Keystone 1st: <https://ppa.performrx.com/PublicUser/OnlineForm/OnlineForm.aspx?cucu_id=OYoPLJwjdnZMGFKFrCB39w%3D%3D>