Top Things You Need to Know
Health and Travel Clinic

Colleen McDonald
Nurse Practitioner, MIT Medical
Safe Travel Tips
BE PREPARED!

- **Contact MIT Travel Clinic**
  - [https://medical.mit.edu/services/travel-health-clinic](https://medical.mit.edu/services/travel-health-clinic)
  - 617-258-9355
  - HealthELife Patient Portal

- **Gather Information**
  - Itinerary
  - Immunization Records
  - CDC Traveler’s Health: [www.cdc.gov/travel](http://www.cdc.gov/travel)
TRAVEL CONSULTATION

- Update Immunizations
  - Yellow Fever
  - Typhoid, Hepatitis A

Review:
- Food and Water Safety
- Motor Vehicle Safety
- Mosquito Precautions
  - malaria, dengue, zika
- Plan for chronic medical and mental health conditions
DON'T DRIVE!

INTERNATIONAL SOS
+1-215-942-8478

ROAD TRAFFIC INJURIES: THE FACTS

ROAD TRAFFIC INJURIES ARE THE 8th LEADING CAUSE OF DEATH

1.35 MILLION ROAD TRAFFIC DEATHS EVERY YEAR

LOW-INCOME COUNTRIES
1% of the world's vehicles and 13% of all deaths

HIGH-INCOME COUNTRIES
40% of the world's vehicles and 7% of all deaths

54% of deaths are pedestrians, cyclists, and motorcyclists
3% of deaths are drivers
28% of deaths are passengers
23% of deaths are детей

EVERY 24 SECONDS SOMEONE DIES ON THE ROAD

source: WHO Global status report on road safety 2018