

Prompt for health-related matters in the travel risk assessment

- 1 Are you currently unwell or have you required hospital treatment in the last year?
- 2 Do you have a disability or has anyone advised you that you might have a disability/medical condition that could affect your fitness to travel?
- 3 Do you have any current medical problems including any mental health problems?
- 4 Have you ever been refused travel insurance on health grounds or had special conditions imposed?
- 5 Has anyone advised you to take special precautions or advised against travel either on health grounds or to certain areas of the world on health grounds? Specifically:
 - a. Have you had epilepsy requiring medication in the past ten years, or had any blackouts or fits in the past five years? (risk of sudden collapse, requirement for specialist treatment)
 - b. Do you have diabetes requiring treatment? (problems with control while travelling due to time zone change, dietary difficulties, additional risks if injured or taken ill)
 - c. Do you have any conditions that require dietary restrictions? (difficulties identifying suitable food overseas)
 - d. Have you been treated with steroids or immuno-suppressants in the past two years? (risk from vaccinations or infectious diseases)
 - e. Are you HIV positive? (risk from vaccinations or infectious diseases)
 - f. Have you ever had a bad reaction to a vaccine or injection?
 - g. Do you have any known allergies?
 - h. Have you ever had a thrombosis (deep vein thrombosis [DVT] or pulmonary embolus [PE]) or have you any identified risks of thrombosis? (risk from remaining sedentary for long periods while travelling)
 - i. Do you have a current health problem? (mobility restrictions, need for treatment, physical limitations)

- j. Have you had any hospital treatment or specialist treatment in the past six months for a physical or mental health issue? (possible risk of recurrence, need for treatment)
 - k. Do you have any underlying health problems for which you have been prescribed medication? (possible changes in health related to travel, need to take sufficient supplies and store these appropriately, need for special medical care in the event of emergencies)
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- 6 Are you pregnant or breastfeeding, or intending to become pregnant in the near future? (some vaccinations and prophylactic medicines are unsuitable)
 - 7 Do you have a heart condition that could affect your fitness to travel? (risk from depressurised cabin, travel at altitude, stress, need for specialist care)
 - 8 Do you have any other medical problems that might affect your fitness to travel, or have you been advised in the past to modify travel arrangements for medical reasons?
 - 9 Do you have a hearing impairment (risk from not hearing safety instructions) or ear problems (vertigo) that could affect your balance? (risk of falling)
 - 10 Do you have visual impairment? (risk from not being able to read instructions)