SafeRabies

TRAVEL

Travel Risk Checklist

Before and during travel: reduce rabies exposure risk.



Before you go

- [ ] Check destination rabies risk
- [ ] Ask travel clinic about PrEP if high risk
- [ ] Save local emergency numbers
- [ ] Identify hospitals/clinics near lodging
- [ ] Review rules with children

During travel

- [ ] Do not touch stray dogs/cats
- [ ] Avoid monkeys and wildlife
- [ ] Do not feed animals
- [ ] Keep food away from animals
- [ ] Report bites/scratches immediately

If exposure happens

- [ ] Wash wound with soap and water
- [ ] Seek medical care urgently
- [ ] Ask about rabies PEP availability
- [ ] Keep vaccine/clinic documents
- [ ] Contact travel insurance or embassy if needed

Trip notes

Destination: _____ Nearest clinic/hospital: _____

Emergency phone: _____ Insurance/embassy contact: _____

Travel checklist - review destination-specific advice with a travel health professional before departure.

If a bite, scratch, or saliva exposure occurs: wash with soap and running water, then seek urgent medical advice.