



Name	Date of birth
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School/ programme

HEALTH STATUS

Do you have any allergies (also to medicine)	
Do you have any long term diseases, such as asthma, diabetes, heart condition, rheumatoid arthritis, epilepsy, depression or other mental condition (now or before), something else?	
Do you take any regular medication?	
Are you pregnant or planning a pregnancy?	

JOURNEY DETAILS

Destination/ destinations	
Departure date	Duration of journey
What is the purpose of your journey? (holiday, studies, practical training, voluntary work, visit friends/ relatives, other?)	
Do you spend time in rural areas, outside of towns, cities and tourist destinations? How long?	

Journey route (please list the places you intend to visit, in order from first to last, specify a duration of visit and a period of time)

1 place	duration of visit	days	period
2 place	duration of visit	days	period
3 place	duration of visit	days	period
4 place	duration of visit	days	period

VACCINATIONS

Basic vaccinations Please find out following vaccinations, which has been given to you in your childhood or teenage			
1 Tetanus-difteria (DT, dT or dtap) - valid 10 years		Year when you got the last vaccination _____	
2. Measles, rubella, and mumps (MMR or MPR) two doses gives lifelong protection. Those are given usually (in Finland) at 2- ja 6 years old		Years when vaccinations has been given I _____ , II _____	
3. Polio (IPV or OPV) - you need booster dose at 5 years intervals if you travel areas where polio is present, such as India, Pakistan, Nepal, Russian some African countries		Year when you got the last vaccination _____	
Other (if you have received, please specify the date or year of doses)			
Hepatitis A (Havrix/ Epaxal)	I date	II date	
Hepatitis B (Engerix)	I date	II date	III date
Hepatitis A&B (Twinrix)	I date	II date	III date
Japanese encephalitis	I date	II date	III date
Typhoid fever	date		
Yellow fever	date		
Ticborne fever	I date	II date	III date
Meningitis	date		
Cholera	date		
Rabies	I date	II date	III date

The plan of vaccinations and medication (nurse / doctor estimates):
