

## OF NOTE

Not everyone needs a medical check-up after traveling.

### Seek medical care after travelling if you have:

- fever >37.5°C (even months after return) - consult a medical doctor immediately if you return from a malaria endemic area
- been treated for malaria during traveling
- severe (e.g. bloody) diarrhea or diarrhea that lasts > 5 days
- acute or persistent abdominal pain
- a history of animal (any mammal) bite or scratch during your stay – consult a medical doctor immediately
- practiced unsafe sex during your stay
- significant or persistent itching
- a rash or a non-healing ulcer
- new or unusual headaches
- night sweats
- noticed unintended weight loss
- swelling of one or more lymph nodes
- persistent muscle or joint pain
- problems when urinating or if you pass bloody urine
- yellowish eyes
- travelled for a prolonged period (> 6 months) or been exposed to particular risks
- other travel companions who fall ill

Get an appointment with a doctor who is experienced in travel and tropical medicine. You can find a list of specialists in tropical and travel medicine (FMH) in the section "Ask a specialist".