

Post Travel Period

Post-Travel Care

Most travelers return home in good health with a few souvenirs and lasting memories. But if you've been ill, especially while traveling to regions where disease is prevalent, or if you develop symptoms after you return, you may have brought more than just handicrafts home with you.

Many diseases do not show up immediately. Some take weeks to months to develop. For example, 90% of travelers who get malaria do not become ill until after they return home. If you become ill with a fever or flu-like illness while traveling or up to 1 year after returning home, see your doctor. Tell your doctor the regions you visited and about any exposure to disease.

In addition to a fever, the returned traveler should be aware of other symptoms. You should see your doctor if you have persistent or intermittent diarrhea, a skin rash or sores, jaundice (typically most noticeable when the whites of the eyes appear yellow), unexplained weight loss, shortness of breath, or fatigue.

If you have been healthy during your trip and feel well when you return home, you probably don't need to see a doctor.

Should you see a doctor when you return?

If you were healthy during your trip and you feel well when you return home, you probably do not need to see a doctor.

If you were sick with a fever or severe flu-like illness while traveling, see your doctor when you get home. Also, if you get sick with a fever or severe flu-like illness for up to one year after coming home, see your doctor. Tell your doctor the places you visited and whether you think you may have gotten a disease. Many diseases do not show up right away, and some can take weeks or months to develop. Many travelers who get malaria don't have symptoms until they get home.

Other symptoms to watch for after you come back home include:

- Diarrhea that lasts a long time or that keeps coming back.
- A skin rash or sores on the skin.
- [Jaundice](#). (Do the whites of your eyes look yellow?)
- Losing weight without trying, or feeling tired and worn out.

This content is reviewed periodically and is subject to change as new health information becomes available. The information in this handout is intended to inform and educate and is not a replacement for medical evaluation, advice, diagnosis or treatment by a healthcare professional. It is advised that all people of any age consult a healthcare professional prior to traveling outside the U.S.A.