



COVID-19 Pre-Travel Checklist

Smart and healthy travelling for Australians abroad

The opportunity to travel again is an exciting prospect as we adjust to a new 'COVID-19 normal'. This checklist has been designed to help you confirm that you have considered the requirements for your particular trip in regard to COVID-19.

This document has been developed in partnership with the Australasian College of Tropical Medicine (ACTM).



Travel Medicine Clinical Guidelines
Australia and New Zealand

COVID-19 Requirements for your trip

It is suggested that you have the recommended schedule of COVID-19 vaccines according to your age and underlying medical conditions prior to travel. Please discuss with your doctor if you may be due for another vaccine whilst overseas, as you may be able to receive it earlier.

Country-specific information on COVID-19 requirements can be found at **Smartraveller – Destinations** www.smartraveller.gov.au/destinations
Access via 'Travel Section' for the destination country and click for full travel advice

Start Planning

- Consider your entire trip including your final destination, and stopover destinations, as they may all have varying requirements.
- Does your airline have specific COVID-19 requirements?

These requirements may include:

- » **Pre-departure testing** – a negative RAT or PCR test may be required at a specific time pre-departure.
- » **Doctor's letter** – if you have recently had COVID-19 the country or airline may require a letter from your doctor regarding this to confirm you are no longer an infection risk.
 - *It is possible to test positive on pre-departure testing if you have recently had an infection and a letter may be needed, again to confirm you are no longer infectious.*
- » **RATs or prepaid tests** – testing on arrival may be required in some countries. You may need to pay for this prior to boarding the plane or entering a country. This will be listed in the country-specific guidelines.
- » **Proof of vaccination** – some countries may require vaccination. Check what the country guidelines are. If proof of vaccination is required, then you will need to have received them within a specified time period.
- » **Quarantine site** – does your destination country require quarantine on arrival?
- » **Forms/documents** – other documents or forms requiring completion by the airline or country(s).
- » **Travel insurance** – travel insurance with particular inclusions including COVID-19 cover, for more information please visit **Smartraveller – Travel Insurance** www.smartraveller.gov.au/before-you-go/the-basics/insurance.

Obtaining an International COVID-19 Vaccination Certificate (ICVC)

- Ensure you have a physical and digital copy of your ICVC which can be obtained through MyGov and/or the Medicare app. **This certificate is different to the certificate used to confirm vaccination within Australia.**
- During application, it is checked by the passport office and will have a QR code as well as documented evidence of the COVID-19 vaccinations you have received.

For more information on how to obtain and use your ICVC, please visit:

Obtaining an international COVID-19 vaccination certificate via <https://www.servicesaustralia.gov.au/international-covid-19-vaccination-certificate-proof-your-covid-19-vaccinations?context=60091>

If you have a vaccine exemption, take this with you. You may wish to check with the country's embassy to see if this will be accepted.

Regular Medications

- It is recommended that you take at least 4 weeks extra of your regular medicine(s) in case of unplanned changes to your travels. This may occur due to airline changes, unexpected isolation due to country requirements or COVID-19 disease.
- During COVID-19 it may be more difficult to access medical care and medications overseas may be counterfeit.

Travel Kit

- It is recommended you take a kit containing hand sanitiser, well-fitting N95 or P2 masks, RATs and wipes. Some countries mandate N95/P2 masks as they provide the best possible protection rather than surgical or cloth masks.
- A pulse oximeter may be particularly useful for individuals with underlying medical conditions and increasing age. Travellers should be instructed on how to use the device and interpret results.
- A portable CO2 monitor can be useful as they can act as a proxy to determine how well-ventilated an area is and may help travellers avoid higher-risk areas.
- **You may wish to discuss this with your doctor.**

