

Symptoms, Testing, and Treatment of Common Traveler's Diseases

Disease	Primary Symptoms*								Sample	Test Type	Prevention	Treatment
	Diarrhea									<ul style="list-style-type: none"> • Microscopic • Culture & grow the organism • Clinical presentation 	<ul style="list-style-type: none"> • Avoid environment • Use Insecticide • Practice safe Water and Food care 	
			Encephalitis / Meningitis									
			Fever									
			Headache									
			Hepatitis									
			Naus/Vomit									
			Skin Affected									
			Respiratory									
Chagas		S	X						Blood	Antibody	Avoid environment, Insecticide	Supportive
Coccidiomycosis			X	X			X	S	Tissue, Sputum, Blood	Culture, Slide, Antibody	Avoid dust	Supportive, Sometimes antifungal
Cutaneous larva migrans							X		N/A or Blood	Clinical, CBC (eosinophils)	Avoid environment	Anthelmintics
Dengue			X	X		X	S		Blood	Antibody, Antigen	Avoid environment, Insecticide	Supportive, Self-limited
Diarrhea, Bacterial	X		S			X			Stool	Culture	Water, Food care	Antibiotic
Diarrhea, Parasitic	X		S			X			Stool	O&P	Water, Food care	Nitaxozanide, antimicrobials
Diarrhea, Viral	X		S			X			Stool	Culture, O&P to rule out other causes	Water, Food care	Supportive, Self-limited
Encephalitis		X	X	X					Blood, CSF	Antibody	Avoid environment, Insecticide, Vaccine	Supportive
Filariasis							S	X	Blood	Antigen	Avoid environment, Insecticide	Antifilarial drugs
Hantavirus			X	X		X	X		Blood	Antibody	Avoid environment	Ribavirin, Supportive
Hepatitis A			X		X	S			Blood	Antibody	Vaccine, Water/ Food care	Supportive
Hepatitis B			X		X	S			Blood	Antigen, Antibody	Vaccine, Avoid risky activities	Acute Supportive
Hepatitis C			S		S	S			Blood	Antibody	Avoid activities	Acute Supportive
Histoplasmosis			S	S			S	S	Blood, Sputum, Tissue	Culture	Avoid bat and bird droppings	Self-limited, Sometimes antifungal
Legionnaires			S	S			X		Sputum, Blood, Urine	Culture, Antibody, Antigen	Avoid environment	Antibiotics
Leishmaniasis			S				X	S	Lesion, Blood	Slide, Culture, Antibody	Avoid environment	Skin or Visceral types, See Specialist
Leptospirosis	X		X			X	X	X	Blood	Antibody	Avoid environment, Chemoprophylaxis	Antimicrobial
Lyme			X	X			X	X	Blood	Antibody	Avoid environment	Antimicrobial
Malaria			X	X				X	Blood	Slide, Antigen, Antibody	Avoid environment, Chemoprophylaxis	Prompt Antimalarial
Meningococcal		X	X	X		X		X	CSF	Culture	Vaccine	Medical Emergency, Antimicrobial
Onchocerciasis							X	X	Tissue	Microscopic	Avoid environment	Ivermectin, See Specialist
Rickettsial			X	X		X		X	Blood	Antibody	Avoid environment	Antibiotic
Schistosomiasis	S		S	S		S		X	Blood, Stool, Urine	Antibody, eggs	Avoid environment	Praziquantel, Oxamniquine
Sleeping Sickness		X	X			X		X	Blood, CSF,	Microscopic	Avoid environment	Anti-trypanosomal

										Tissue			
Toxoplasmosis		S			S			S	X	Blood	Antibody	Avoid environment	Supportive
Tuberculosis								X		Sputum	Culture, Microscopic	None	Antimicrobial
Typhoid			X	X						Stool, Blood	Culture	Avoid environment, Vaccine	Antimicrobial
Variant Creutzfeldt-Jacob (Mad Cow Disease)									X	Brain Tissue	Diagnosis with autopsy	Avoid risk-related meat in affected areas	Supportive, Incubation period years, eventually fatal
West Nile		X	X						X	Blood, CSF	Antibody	Avoid environment, Insecticide	Supportive
Yellow Fever			X	X		X			X	Blood	Antigen, Antibody	Vaccine, Avoid environment	Supportive

* X = Frequently, S = Sometimes