

# The need for careful monitoring and control of medical travels during COVID-19: A letter to the editor

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## Dear Editor,

The COVID-19 epidemic poses a severe threat to contemporary societies' human health, economy, and social fabric, as it has affected many aspects of modern-day life, including traveling (1). Since the outbreak of the new coronavirus, various interventions have been put on the agenda, including a ban on the international travel and quarantine, as it is one of the main ways to facilitate the spread of COVID-19 worldwide through international travelers (2).

In recent decades, one of the international travel motivation has been medical travel, which has attracted much attention (3). Treatment of certain diseases using natural sludge, cold water, hot springs, salt flats, sunny areas, or the use of advanced, high-quality, low-cost, and faster access to health care are some of the goals of medical trips to other countries (4). It has a direct impact on passenger health and irreparable consequences for destination countries. Evidence shows that insufficient knowledge of travel conditions for medical reasons causes travelers not to take special precautions when traveling to destination countries (5,6).

Considering the consequences of COVID-19 in international medical trips indicates the destructive effects and negative consequences of this virus, which can be dangerous if the travel conditions are not controlled. Monitoring measures such as prevention, management of underlying diseases, and improving the health of travelers during travel, as well as attention to the impact of COVID-19 disease on host countries, disease burden in host countries, and "social, economic, and cultural impacts" in the health sector are essential. Therefore, at

the time of COVID-19, it makes sense to carefully review medical travel and balance the health risks of travel and the importance of travel to reduce the adverse effects of the virus on travelers and the destination country.

Overall, providing evidence of vaccination to prove vaccine injection; "safety passport" means no underlying disease, pre-travel advice to avoid unnecessary medical travel, preventive advice to minimize health risks during travel, and immediate attention by policymakers to monitor travel and compliance closely and following the international travel guidelines for the protection of civil rights are considered necessary. Author's suggestion emphasizes on "multilayer protection measures for example, wearing good mask, attention to time of changing mask, reduce personal contact, and selection of countries/regions with low risk of COVID-19.

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## Ethical issues

The authors certify that this manuscript is the authors' original work. All data collected during the study are presented in this manuscript, and no data from the research has been or will be published elsewhere separately.

## Competing interests

The authors declare that they have no conflict of interests.

## Authors' contributions

All authors contributed equally to the data collection, analysis, and interpretation. All authors critically reviewed, refined, and approved the manuscript.

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