

IMMUNIZATION for Travelers



SAFER • HEALTHIER • PEOPLE™

HEALTH RISKS

Every year more and more Americans are traveling internationally — for vacation, business, and volunteerism, and to visit friends and family. Health risks for travelers are higher in developing countries and rural areas because of differences in sanitary conditions, available food and water sources, and immunization coverage. In developed areas, health risks are similar to those in the United States. Your risk of becoming ill while traveling depends in part on where you are traveling, the length of stay, activities while traveling, your health, and your vaccine history.

PROTECT YOURSELF

- Make an appointment to see a health-care provider familiar with travel medicine at least 4–6 weeks before your trip.
- Your health-care provider can tell you vaccines, medicines, and specific precautions based on your health history and travel plans.
- Visit CDC's Travelers' Health website at www.cdc.gov/travel to learn more. This website will give you the most up-to-date information about recommendations and requirements for your destination, as well as current disease outbreaks.
- Many state and local health departments throughout the United States provide travel vaccinations. You can also find directories of private travel clinics throughout the United States and abroad through the International Society of Travel Medicine (www.istm.org) or the American Society of Tropical Medicine and Hygiene (www.astmh.org).

TRAVEL SMART

- Eat foods that are fully cooked and served hot or raw fruits and vegetables that you can wash and peel yourself.
- Eat and drink only dairy products that have been pasteurized.
- Drink beverages that have been bottled and sealed (water, carbonated drinks, or sports drinks).
- Do not put ice in drinks.
- Wash your hands often with soap and water or use an alcohol-based hand gel.
- Use insect repellent to prevent mosquito bites.
- Do not touch animals, and do not let your children touch animals, especially monkeys, dogs, and birds.
- See a doctor right away in these situations:
 - You get an animal bite or scratch.
 - You get sick with a fever or flu-like illness during your trip.
 - You get sick with a fever or flu-like illness soon after your trip (or up to 1 year after a trip to a malaria-risk area). Tell your doctor about your travel history.

PACK A TRAVEL HEALTH KIT, INCLUDING —

- Prescription medicines in their original containers
- Copies of your prescriptions
- Antibiotic for travelers' diarrhea
- Pain relievers and anti-diarrhea medicine
- Alcohol-based hand gel (at least 60% alcohol)
- Sunscreen (at least SPF 15)
- Insect repellent
- First aid items
- Thermometer

For more travel health kit ideas, see www.cdc.gov/travel.



Proof of YELLOW FEVER vaccine may be required to cross certain international borders; in this case, the vaccine must be given at least 10 days before travel. A stamped vaccine certificate will be issued to you when you get the vaccine. Yellow fever vaccine can only be given by a registered provider. See www.cdc.gov/travel/yellowfever.aspx to find a provider near you.

Immunization is **ONE OF THE BEST FORMS OF PROTECTION** for all travelers. In addition to travel-related vaccines, CDC advises you to make sure you are up-to-date with all routine vaccinations before you travel. Many vaccine-preventable diseases rarely seen in the United States are still prevalent in other parts of the world.

FOR MORE INFORMATION

www.cdc.gov/travel

WE INVITE YOU TO CALL OUR CDC-INFO CONTACT CENTER

800-CDC-INFO (232-4636)

IN ENGLISH, EN ESPAÑOL - 24/7

And visit our website at
www.cdc.gov/vaccines

We provide a wealth of reliable information on immunization, vaccines, and the diseases they prevent.