

IMMUNIZATION for Travelers



SAFER • HEALTHIER • PEOPLE™

HEALTH RISKS

Your risk of becoming ill when traveling depends, in part, on the areas to be visited, the length of stay, your style of travel, your health, and your vaccine history. In some cases, international tourist destinations are in highly developed areas where you should observe health precautions similar to those in the United States. However, because of differences in living standards and sanitary conditions, food and water safety, and immunization coverage, your risk of illness is higher if you are traveling in developing countries and rural areas.

PROTECTING YOURSELF

- Get information about necessary health precautions and prepare to see a health care provider ideally 4 to 6 weeks before traveling. You may need to schedule an appointment in advance.
- Your healthcare provider can tell you about precautions and vaccines to take for your specific travel destination.
- You can 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 travel health precautions or warnings.
- Many state and local health departments throughout the United States provide travel immunizations. 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

- Wash your hands often with soap and water or use an alcohol-based hand gel (at least 60% alcohol).
- Eat only well cooked foods. Avoid eating (unpasteurized) dairy products, salads and fruits (unless you can peel your own fruit).
- Drink bottled water with sealed top or carbonated drinks and avoid ice.
- Do not handle animals, and do not let your children handle animals, especially monkeys, dogs and cats.
- Do not drink and drive; wear your safety belt, and place children in the back seat of the car with safety restraints.
- Get medical attention right away if you become sick with a fever or flu-like illness either while traveling in a malarial risk area or after you return home (for up to 1 year), and tell your doctor about your recent travel history.
- Protect yourself against insect and mosquito bites.

WHEN TRAVELING, YOU SHOULD CARRY -

- Insect repellent containing 25-50% DEET
- Over-the-counter antidiarrheal medicine
- Alcohol-based hand gel (with at least 60% alcohol)
- Sunblock that offers at least SPF 15
- Your prescription medications in their original containers (including a copy of the prescription)

Your travel health kit should remain with you at all times, including in your carry-on baggage.

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



The YELLOW FEVER vaccine may be required to cross certain international borders; in this case, the vaccine should be given at least 10 days before travel, and a stamped vaccine certificate will be issued to you by the immunization center. A health care provider will also recommend vaccines, medications and specific precautions based on your individual health history and travel plans.

Immunization is **ONE OF THE BEST FORMS OF PROTECTION** for all travelers. You should ensure you receive all needed vaccines before your trip. Many vaccine-preventable diseases, rarely seen in the United States, are still prevalent in other parts of the world. CDC advises all routine immunizations be up-to-date before travel.

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.