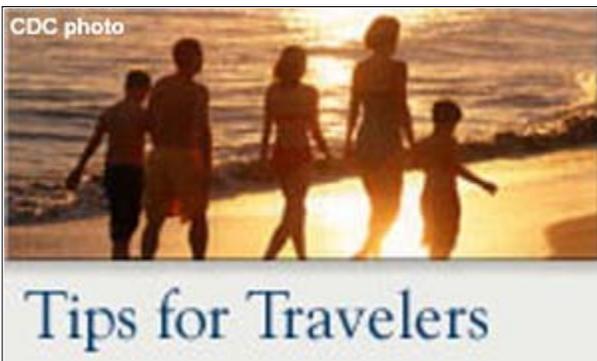


Overseas travel vaccinations

Overseas travel may require certain vaccinations and precautions. If you are planning to travel overseas, please check with the embassy of the country you are going, to determine which vaccinations are required or suggested. The embassy will also inform you on type of proof of vaccination required by the country.

Additional vaccinations and precautions may be recommended by the Centers for Disease Control and Prevention (CDC), especially for people with altered immunocompetence, women that are pregnant or breastfeeding, infants and children. CDC may sometimes issue health alert advisories and have other general precautions for some areas. It is advisable to visit the CDC website at www.cdc.gov/travel/.



It is important to schedule an appointment with your private physician as soon as you decide to make the trip or at least four to eight weeks before your travel. The vaccinations needed depend on the destination. It is best to plan to get your shots four to six weeks before you leave in order for them to take effect.

Some countries require anti-malaria medications; these can be obtained from your private physician or a travel medicine clinic.

The HDHHS Bureau of Epidemiology keeps a list of travel clinics and can suggest clinics in your area that provide these vaccinations.

The Third Ward Multi Service Center Immunization Clinic gives travel shots at lower prices than private clinics but does not have vaccinations for Japanese encephalitis and anti-malarial drugs.

For more information call the HDHHS Bureau of Epidemiology at 713 794 9181 or visit www.cdc.gov/travel/.