

# PREPARING FOR INTERNATIONAL TRAVEL

*Adapted from Centers for Disease Control and Prevention (www.cdc.gov/travel)*



Schedule a visit to your health care provider or a travel medicine provider 4-6 weeks before your trip. Most vaccines take time to become effective and some vaccines must be given in a series.

If it is less than 4 weeks before you plan to leave, you may still benefit from shots, medications and other information about how to protect yourself from illness and injury while traveling.

The Centers for Disease Control and Prevention (CDC) divides vaccines for travel into three categories:

## ***Routine Vaccinations***

Be sure that you and your family are up-to-date on your routine vaccinations. These vaccines are necessary for protection from diseases that are still common in many parts of the world even though they rarely occur in the United States.

## ***Recommended Vaccinations***

These vaccines are recommended to protect travelers from illnesses present in other parts of the world and to prevent the importation of infectious diseases across international borders. Which vaccinations you need depends on various factors including your destination, whether you will be spending time in rural areas, the season of the year you are traveling, your age, health status and previous immunizations.

## ***Required Vaccinations***

The only vaccine required by International Health Regulations is yellow fever vaccination for travel to certain countries in sub-Saharan Africa and tropical South America. Meningococcal vaccination is required by the government of Saudi Arabia for annual travel during the Hajj.

Ask your health care provider or travel medicine provider about any special preparations if you:

- are immune-compromised due to a medical condition, therapy or medication
- have a chronic condition such as diabetes, chronic liver or kidney disease or HIV infection
- are pregnant
- are traveling with a baby or young child

## **RESOURCES FOR INTERNATIONAL VACCINATION**



### **Passport Health**

[www.passporthealthusa.com](http://www.passporthealthusa.com)  
732.345.0029 / 800.741.0504

### **Princeton HealthCare System**

**Occupational Health**  
[www.princetonhcs.org](http://www.princetonhcs.org)  
609.853.7474

### **RWJ University Hospital - Hamilton Campus**

**Travel Medicine Service**  
[www.rwjhamilton.org](http://www.rwjhamilton.org)  
609.584.6654

**Henry J. Austin Health Center**  
Federally Qualified Health Center (FQHC) for uninsured  
[www.henryjainstin.org](http://www.henryjainstin.org)  
609.278.5900



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