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## Things To Take With You When Traveling

- ✧ Health Insurance ID
  - ✧ Copies of your prescriptions
  - ✧ Eyeglass prescription
  - ✧ Syringes (insulin) – Require a prescription
  - ✧ Health Insurance ID
  - ✧ Health Record:
    - List of Illnesses    - Operations
    - Drug Allergies    - Special Medications
    - Blood Type        - Vaccination Record
    - International Travel Certificates  
(if required)
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## Determine Your Risk

Each traveler is unique. Your risk of exposure to disease and developing an illness while traveling is determined by several factors. Discuss these with your health care professional.

- Your current health
- Length of time before departure
- Geographical destination(s)
- Itinerary
- Purpose of travel
- Length of stay
- Type of accommodation
- Flood and water sources
- Allergies
- Pregnancy
- Children

## The Top 10 Travel Tips

*It's a different world out there. So before you go, get in the know. When you know what to watch for and how to take care of yourself, you're on the road to a safer, healthier trip.*

- 1.** Get advice from a Travel Health Professional.
- 2.** Let your body adjust once you arrive.
- 3.** Protect yourself from disease-bearing insects.
- 4.** Never go barefoot...even on the beach.
- 5.** Make sure your water is purified.
- 6.** Consume only well-cooked food.
- 7.** Fruit & Veggies? Wash it, peel it, or forget it!
- 8.** Pre-fill your prescriptions – they may not be available at your destination.
- 9.** Don't swim in rivers, lakes, and streams.
- 10.** Choose means of transportation carefully.

*Six to eight weeks before departure, consult with your travel medicine specialist for the most up-to-date immunization recommendations and consultation.*



Saratoga County  
Public Health Nursing Service  
31 Woodlawn Avenue  
Saratoga Springs, NY 12866  
Phone (518) 584-7460  
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## INTERNATIONAL



## TRAVEL

and

## ADULT IMMUNIZATION



## SERVICES

Tel. (518) 584-7460  
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31 Woodlawn Avenue  
Saratoga Springs, New York 12866

## REMEMBER



### Stay Healthy . . . Plan Ahead

*To assure  
maximum protection,  
you should plan to  
have necessary  
immunizations  
at least 6 – 8 weeks  
before your departure date.*



## INTERNATIONAL TRAVEL

### Not a One-Shot Deal

Immunizations may be required in some foreign countries before you can enter. For example, an immunization certificate for Yellow Fever is required when you arrive in some countries in Africa and South America.

Other vaccines are recommended to help you stay healthier while you are traveling.

## WHICH VACCINES ARE AVAILABLE?



- ▶ Yellow Fever\*
- ▶ Immune Globulin
- ▶ Typhoid\*
- ▶ Tetanus, Diphtheria, and Pertussis
- ▶ Meningococcal
- ▶ Pneumococcal\*  
*(if under 65 years of age)*
- ▶ Varicella  
(chicken pox)
- ▶ Zostavax\*  
(Shingles)
- ▶ Japanese Encephalitis\*
- ▶ Hepatitis A & B
- ▶ Polio
- ▶ Rabies\*
- ▶ Influenza
- ▶ Measles, mumps and rubella
- ▶ Malarial Prophylaxis information is also available

**\*Requires a prescription**  
*Stay Healthy  
Plan Ahead*

## HOW CAN I GET MY VACCINE?

Clinics are held every  
Wednesday

9:30 a.m. – 11:30 a.m.

and

1:30 p.m. – 3:30 p.m.

at

Saratoga County Public Health  
31 Woodlawn Avenue  
Saratoga Springs, NY 12866

### APPOINTMENTS ARE REQUIRED

Call us at **584-7460**

Monday – Friday between  
8:00 a.m. and 4:00 p.m. to schedule  
your appointment

Your public health nurse will review your travel plans with you and discuss required immunizations.

Costs for services include a consultation fee, administration fee, and the cost of the vaccine, which varies dependent upon the vaccine required. Fees are payable at time of service.

