
Things To Take With You When Traveling

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

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



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.



INTERNATIONAL



TRAVEL

and

ADULT IMMUNIZATION



SERVICES

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INTERNATIONAL TRAVEL IMMUNIZATION CLINIC



REMEMBER



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.

What vaccines do we offer?

Saratoga County Public Health Department offers the following international travel vaccines:

Tdap This vaccine can prevent against Tetanus, Diphtheria, and Pertussis (Whooping Cough). Although most Americans received this vaccine in childhood, a booster is recommended because protection from your original immunization as a child may weaken over time.

Hepatitis A This vaccine can prevent a serious liver disease that is usually spread by eating contaminated food or drinking water containing Hepatitis A Virus.

Hepatitis B This vaccine can prevent Hepatitis B and the serious consequences of HBV infection, including cancer and cirrhosis of the liver.

Measles (MMR) This vaccine can prevent measles, mumps, and rubella that could be spread from person to person through the air. These diseases are still common in many developing areas.

Meningococcal (*55 years of age or younger*) This vaccine can prevent Meningitis; an infection around the brain and spinal cord that can be fatal.

Polio (IPV) This vaccine can prevent Polio which is a serious illness that can cause paralysis and even death.

Rabies* (*Pre-exposure*) This vaccine can prevent rabies infection which is almost always fatal. It is spread to humans when they are bitten by an infected animal.

Zostavax This vaccine used for adults 50 years of age or older to prevent Shingles - a painful, blistering rash.

Malarial Prophylaxis information is available.

APPOINTMENTS ARE REQUIRED

Call us at 584-7460

Monday – Friday from 8 - 4 p.m. to schedule your appointment OR go online to schedule your appointment electronically at www.ehealth scheduling.com/saratoga

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.

Influenza Flu vaccination can reduce flu illnesses, doctors' visits, and missed work and school due to flu, as well as prevent flu-related hospitalizations and deaths.

Typhoid* This vaccine can help prevent the life-threatening illness Typhoid fever. Typhoid can be spread through food and drinks that are contaminated with the bacteria that causes Typhoid fever.

Yellow Fever* This vaccine can prevent Yellow Fever, a disease spread through the bite of an infected mosquito. Yellow Fever can cause serious illness including liver, kidney, respiratory failure and even death.

Pneumococcal The pneumococcal vaccine prevents serious blood, brain, and lung infections from the *Streptococcus pneumoniae* bacteria. Such infections are called pneumococcal disease -- they also include pneumonia, meningitis, and septicemia.

Varicella (chicken pox) This vaccine prevents contracting a highly contagious disease that is very uncomfortable and sometimes serious.

Immune Globulin This vaccine contains antibodies that protect the body against diseases and can be given for short-term protection against or to reduce the severity of certain diseases.

***Requires a prescription.**