

THIS SPACE FOR WRITING MESSAGES.

This brochure is intended to provide health information for your general knowledge. If you have concerns about a medical condition, either your own or that of a family member, contact your doctor for advice and care appropriate to your specific medical needs. OU Health Services does not recommend self-diagnosis or self-management of health problems that should be addressed by health care professionals.



THIS SPACE FOR ADDRESS ONLY.

PLACE
STAMP HERE
DOMESTIC
ONE CENT
FOREIGN
TWO CENTS

SOURCES:

Centers for Disease Control and
Prevention
www.cdc.gov

U.S. Department of Health and
Human Services
pandemicflu.gov

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Design by Kimberly Wetzler.

international travel

what to know before you go



INSIDE... health
and immunization info
for traveling Sooners!
healthservices.ou.edu



Health Services

A department of Student Affairs

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AIR MAIL

planning on international travel?

It is important to seek medical advice before your departure. You may need immunizations or medication to protect you from infectious diseases common to the areas you plan to visit. This is especially important if you are visiting developing countries.



what should I know about travel vaccinations?

- Schedule an appointment with your doctor 4-6 weeks before your trip. Most vaccines require some time before they are effective in your body, and some vaccines must be given in a series over a period of days or weeks.
- Even if it is less than four weeks before your trip, you should still see your doctor. You will benefit from shots or medications and other information about how to protect yourself from illness and injury while traveling.

Call OU Health Services at 325-4441 to schedule a travel consultation.

info to bring to my travel immunization appointment:

- Destination(s), including travel to rural or urban areas
- Departure date and expected length of stay
- Immunization history



what immunizations do I need?

The immunizations you need depend on the prevalence of diseases in the areas you are visiting. This information changes frequently, so it is important to speak with a doctor, even if you have traveled to the area before. The CDC classifies travel vaccines in three categories: routine, recommended and required.

**Call OU Health Services
at 325-4441 to schedule
a travel consultation.**

routine vaccinations

Many routine vaccinations are administered during childhood in the U.S. However, many people are unaware that there are routine vaccinations for adults as well. Since the recommendations change periodically, it is important to ensure that your immunization records are up to date.

recommended vaccinations

These vaccines are recommended to protect travelers from illnesses present in other parts of the world and prevent the importation of infectious diseases across international borders. The vaccinations you need depend on a number of factors including destination, likelihood of travel to rural areas, season of the year, 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. One dose is recommended every 10 years, and immunity develops by the tenth day after primary vaccination. Meningococcal vaccination is required by the government of Saudi Arabia for annual travel during the Hajj. Duration of immunity is 3-5 years.

routine and recommended immunizations for adult travelers

Diphtheria Pertussis Tetanus	All adults every 10 years
Influenza	All adults annually
Pneumococcal	Adults 65 and older and people with certain medical conditions
Hepatitis A	Two doses at zero and six months
Hepatitis B	Three doses at zero, one and six months
Measles Mumps Rubella	Two doses four weeks apart
Varicella	Two doses four to eight weeks apart
Poliomyelitis	One booster for travelers to endemic areas
Typhoid	Oral and injectable regimens available
Meningococcal	One dose every two to five years
Yellow Fever	Recommended in some areas
Rabies	Three doses over a month if travel involves outdoor activities or animal exposure



travel health insurance

Find out if your personal property insurance covers you for loss or theft abroad. More importantly, check if your health insurance covers you abroad. If not, consider purchasing a short-term health and emergency assistance policy designed for travelers. Also, ensure that the plan you purchase includes medical evacuation in the event of an accident or serious illness.

A decorative graphic on the left side of the page consists of a 4x2 grid of colored squares. The colors are: Row 1: Red, Blue; Row 2: Orange, Yellow; Row 3: Grey, Dark Red; Row 4: Red, Blue. The squares are arranged in two columns and four rows.

health concerns for travelers

food- and water-borne diseases

Diarrhea is the most common illness that affects travelers, and it can be caused by viruses, E. coli, salmonella, cholera or parasites. High-risk destinations include the developing countries of Latin America, Africa, Middle East and Asia, but you can acquire it anywhere in the world. To minimize your risk, see the “general health tips for travelers” section. Hepatitis A, typhoid fever, toxic fish poisoning and other diseases can also be transmitted through contaminated food or water. For more info, visit: www.cdc.gov/travel/.

animal bites

Rabies can occur in animals anywhere in the world. When traveling, it is always prudent to avoid approaching any wild or domestic animal. Dog rabies is common in the developing countries in Africa, Asia and Latin America. Before traveling abroad, consult a health care provider about your risk of exposure to rabies.

insect vectors

If you travel outside the U.S., Canada or Western Europe, you may be at risk for malaria transmitted from the bite of an infected mosquito. Travelers to sub-Saharan Africa have the greatest risk of contracting malaria. Malaria prophylaxis is started before traveling to an endemic area and continues after leaving. Travelers should purchase anti-malarial drugs before traveling overseas to avoid counterfeit or sub-standard drugs. For more info, visit: <http://www.cdc.gov/travel/diseases.htm#malaria>. Insects can also transmit diseases such as the plague, yellow fever, West Nile virus, Japanese encephalitis, tick-borne diseases and others. Travelers can use insect repellent, long-sleeved clothing and mosquito nets to protect against insect bites.

airborne diseases

Airborne diseases spread via droplet transmission (e.g. coughing, sneezing) and by direct and indirect (using shared objects such as a telephone or drinking cups) contact with an infected individual. Prevent their spread by practicing good hygiene, washing hands often and well, covering coughs and sneezes and avoiding touching the face, eyes, nose and mouth until hands are washed. Some examples of airborne diseases include the common cold, influenza and tuberculosis. For more info, visit: <http://pandemicflu.gov/>.

blood-borne and sexually transmitted diseases

Blood-borne diseases including HIV, hepatitis B and hepatitis C can be spread through direct contact with contaminated blood or other body fluids, blood transfusion or sexual contact. Vaccination is only available for hepatitis B. To prevent the spread of these diseases, do not share needles, razors or other sharp objects. Practice abstinence. Latex condoms can decrease but not eliminate your risk for some STDs.



general health tips for travelers

- Be informed: Learn about travel health risks and how to avoid them before your trip.
- Ensure you have an adequate supply of medication plus extra in case you are delayed in returning home. Leave all medication in original containers in your carry-on bag; carry extra copies of prescriptions.
- Avoid uncooked foods while traveling. Only eat food, fruits and vegetables that you have washed and peeled.
- Drink only bottled or boiled water – including the water in coffee, tea, etc. – or carbonated drinks from sources you trust, even to brush your teeth. Do not drink tap water or fountain drinks or use ice cubes.

- Washing your hands carefully and frequently is one of the most important ways to reduce infectious disease transmission.
- Use insect repellent and mosquito nets to reduce your exposure to insect bites that may carry diseases.
- If you are going on a cruise, read more information about reducing health risks at:
<http://www.cdc.gov/travel/cruiships.htm>.
- The Transportation Security Administration provides in-depth information for travelers about security awareness, prohibited items and travel tips: <http://www.tsa.gov/>.
- Learn enough of the local language so you can communicate your need for emergency help.

- Infants, children, women who may be pregnant or breastfeeding and people with weakened immune systems have special needs when traveling. Visit: http://www.cdc.gov/travel/spec_needs.htm.
- Visit the U.S. Dept. of State Travel Advisories and Information site: <http://www.state.gov/travelandbusiness/>.
- Do not swim in water that might contain sewage or animal waste or in fresh water in certain regions.
- Travelers should never swim alone or under the influence of alcohol or drugs. Likewise, no one should dive or jump into an unfamiliar body of water without first determining the depth, terrain and risk of hidden obstacles.

TRAVELER'S HEALTH KIT

- Completed travel consultation at OU Health Services, 325-4441
- Personal prescription medications
- Anti-diarrhea medication
- Anti-motion sickness medication
- Pain and/or fever medication
- 1% hydrocortisone cream
- Sunscreen (SPF 15 or greater)
- Medical insurance cards
- Comfortable walking shoes
- Basic first-aid items
- Water purification tablets and filters or system
- Insect repellent containing DEET (up to 50%)
- Antibacterial hand wipes or alcohol-based hand sanitizer
- Extra pair of glasses and/or contact lenses
- List of allergies, medications and doses, immunizations and health conditions in wallet
- Extra set of passport photos along with a photocopy of your passport information