

Travel medicine is concerned with the prevention and management of health problems associated with international travel. The role of a travel medicine practitioner is to provide the traveler with expert advice and preventative measures regarding specific health risks in their country of destination.



Most vaccines require several weeks to provide protection. In addition, early appointments allow our medical staff time to determine reactions to preventive medicines and, if necessary, to prescribe alternatives. Pre-trip screenings are of great benefit to people with chronic diseases and to those who may be sensitive to medication.

Health Advice for Travelers

Educate yourself about health risks in the country you are visiting.

- What are common diseases?
- What insects are there and what would happen if you were bitten? How can you protect yourself from insect bites?

We provide educational material that can help you prepare for your trip and your destination.

Immunize yourself to those diseases found in that country.

The Business Health Center can advise you using the latest information and computerized health advisories to inform you of the current diseases and outbreaks in various parts of the world.

Have a fun and productive visit, but be careful.

The United States has well-equipped hospitals and emergency room facilities, unlike many other countries. Please remember that adequate medical care may be hundreds of miles away or non-existent when you travel.

Preventative treatment available for:

- Malaria
- Traveler's diarrhea
- Jet lag
- Altitude sickness
- Leptospirosis

Educational information available regarding the following:

- Vector-borne diseases
- Food and water-borne illnesses
- Diseases transmitted from person to person

Whether you're planning a vacation, study abroad experience, mission trip or an international business trip, the Business Health Center can help ensure your health and safety while you travel, regardless of your destination.

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Payment expected at time of service



*Member International Society
of Travel Medicine*

*Member American Society
of Travel Medicine and Hygiene*

*Authorized U.S. Yellow Fever
Vaccination Clinic*

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Travel Medicine



 **St. Elizabeth**
HEALTHCARE
Business Health Services

Who Can Benefit from a Travel Medicine Program?

- **Business Travel** – We have special expertise in providing continuous care for corporate travelers who may need to travel at short notice to high-risk destinations. We can also help to ensure that those individuals who travel frequently are kept up to date with prescriptions and vaccination schedules.



- **Student Study Abroad Programs** – Becoming sick or being injured while far away from home can have a profound negative impact on the educational travel experience. Specific advice is needed on day-to-day living in foreign countries where communicable diseases are prevalent.

- **Leisure Travel** – Approximately 600 million travelers cross international borders annually. Studies suggest that only about 8 percent seek pre-travel health advice, but more than 50 percent of all travelers abroad experience health problems that interfere with the enjoyment or success of their trip.

- **Mission Trips** – Medical care in many Third World countries is substandard. For people planning to travel out of the United States—particularly to the developing countries of Africa, Asia and Latin and Central America—it is extremely important to talk to a travel medicine specialist as far in advance of your trip as possible.

- **Foreign Adoption** – The majority of parents in these situations will have to travel to have their initial encounter with their child. Some trips can be made in luxurious conditions, while others may require parents to live in very modest, somewhat precarious conditions, at an orphanage or in a rural location.

Consultation Services Provided:

- Personalized pre-travel health evaluations based on individual travel itineraries, to determine your possible health risks while abroad
- Comprehensive, current information from authoritative sources on health and safety risks for your destination(s)
- Immunizations required or recommended for entering the your countries of your destination
- International Certificate of Vaccination documentation for yellow fever vaccine
- Consultation and advice on travel-related health hazards such as food and water-borne diseases, insect, borne diseases, altitude sickness, jet lag and rabies
- Prescriptions for medications to treat travel-related illnesses
- Printed materials with important health and safety information about your destinations
- Advice on travel supplies, such as insect repellent, sunscreen, and water purification systems
- Information on how to contact physicians and competent medical facilities in each country you plan to visit
- Suggestions on how and where to purchase insurance for emergency medical care abroad and, if necessary, for medical evacuation back to the U.S.
- Counseling and referrals during travel



What shots do I need?

Vaccines are only a small part of a travel risk assessment. Hundreds of illnesses—some life threatening—are not vaccine-preventable, and are often difficult to diagnose, leading to unpleasant and sometimes chronic life long illness.



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Vaccines that are available for adults include:

- Yellow Fever (International Certificate of Vaccination)
- Typhoid
- Hepatitis A & B*
- Polio
- Measles, Mumps, Rubella
- Tetanus/Diphtheria or Tetanus/Diphtheria/Acellular Pertussis
- Varicella
- Zostavax
- Meningococcal
- Pneumococcal
- Influenza
- Japanese Encephalitis*
- Pre-exposure Rabies*

**Require multiple injections / must be started four – six weeks prior to travel*