



What You Need to Know About Vaccinations and Travel: A Checklist

Jefferson County Public Health Service
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315-786-3720

Have you scheduled a visit to your doctor or a travel medicine provider?

Ideally, set one up 4 to 6 weeks before your trip.

Most vaccines take time to become effective in your body and some vaccines must be given in a series over a period of days or sometimes weeks.

If it is less than 4 weeks before you leave, you should still see your provider. You might still benefit from shots or medications and other information about how to protect yourself from illness and injury while traveling.

Are you aware of which types of vaccinations you or those traveling with you may need?

CDC divides vaccines for travel into three categories: routine, recommended, and required. While your provider will tell you which ones you should have, it's best to be aware of them ahead of time.

Routine: 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: These vaccinations will depend on a number of 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: 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.

Other questions to consider and discuss with your immunization provider:

Do you have altered immunocompetence due to illnesses?

Are you pregnant or breastfeeding?

Are you traveling with infants or children?

While many travel health issues for adults apply to infants and children, they also have special needs that are to be considered when they travel.

Since necessary travel vaccines will vary, people that are in need of these shots are seen at Jefferson County Public Health Service by appointment only.

**Please call 315-786-3720 with dates of travel and travel itinerary. You will be called back by a nurse to discuss Recommendations and schedule your appointment.
(CDC.gov)**

Risky vs. Safer

Food & Drink Choices while Traveling

- ❌ Uncooked vegetables such as salads and salsa
- ❌ Food from street vendors
- ❌ Raw or rare meat or fish
- ❌ Raw or runny eggs
- ❌ Fountain drinks
- ❌ Tap or well water
- ❌ Flavored ice or ice pops
- ❌ Bushmeat (monkeys, bats, or other wild game)
- ❌ Ice or drinks (such as juice) made with tap or well water
- ❌ Food served at room temperature (avoid buffets where food has been sitting)

- ✅ Fruit and vegetables YOU have washed in clean water or peeled
- ✅ Milk and dairy products ONLY if pasteurized
- ✅ Food that is cooked and served hot
- ✅ Hot coffee or tea
- ✅ Water that you know has been disinfected (boiled, filtered, treated)
- ✅ Ice made with bottled or disinfected water
- ✅ Water, sodas, or sports drinks from a sealed can or bottle (carbonated is safer)

TRAVELERS' HEALTH 
TRAVEL SAFE. TRAVEL SMART.



PROTECT YOURSELF from MOSQUITO BITES

Mosquitoes spread chikungunya, dengue, and Zika viruses.



Mosquitoes that spread chikungunya, dengue, and Zika are aggressive daytime biters.



Use insect repellent.

Look for the following active ingredients:

- DEET • PICARIDIN • IR3535
- OIL of LEMON EUCALYPTUS
- PARA-MENTHANE-DIOL



Wear long-sleeved shirts and long pants or use insect repellent. For extra protection, treat clothing with permethrin.



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

For more information:

www.cdc.gov/chikungunya • www.cdc.gov/dengue • www.cdc.gov/zika

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