

## Travel Consult Information



If you will be traveling abroad, you should check out information about health, safety, and possible required vaccines and/or medication well in advance of your travel at [www.cdc.gov/travel](http://www.cdc.gov/travel). If you believe you may need a vaccine or prescription medication you should schedule a travel consult visit with a Student Health Services provider.

Ideally, the travel consult visit should be done at least 6 weeks prior to departure. The earlier you have your travel consult, the better. Be aware some vaccinations and medications take time to become effective.

The most important information to gather prior to your travel consult visit is the following:

- **Itinerary data**
  - Countries and regions (cities, provinces/states) to be visited, in the order of travel
  - Visits to urban versus rural areas
  - Dates and length of travel in each area
  - Purpose of travel (such as business, vacation, visiting friends and relatives)
  - Modes of transportation
  - Planned and possible activities (such as hiking, scuba diving, camping)
  - Types of accommodations in each area (such as air-conditioned, screened, tents)
  
- **Traveler demographics and health/medical history**
  - Vaccination history, including dates, how many doses received in a scheduled series, and prior adverse events
  - Medical and psychiatric history (past and current), including any conditions or medications that suppress the immune system
  - Medications (current or taken in the past 3 months)
  - Allergies to medications, vaccines, bites/stings, eggs, shellfish, latex
  - Pregnancy and breastfeeding (current status and plans)