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 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 an SHS provider.

Ideally, the travel consult visit should be done at least 6 weeks prior to departure. The earlier, the better. Some vaccinations and medications take time to be effective.

The most important information to gather prior to your 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, animal encounters)
  - 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)

- **Student Health Services Immunization records**
  - To obtain immunization records from Student Health Services, go to Student Health Services and log-in to the patient secure website, then log in to Central Login
  - Go to immunizations

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**Patient Secure Log-In**

Visit the [Patient Secure Website](http:// Patient Secure Website) to: