

If you are planning to study abroad or travel out of the country for vacation, please take the time to prepare to keep yourself healthy.

The best information is from the Centers for Diseases Control and Prevention. You will find information that includes recommended and required immunizations, and avoiding serious food-borne and insect-borne illnesses. Please realize that it takes time for immunizations to take effect, so plan on receiving these at least 3 weeks before travel.

CDC website: www.cdc.gov/travel

CDC Voice Info Line: 1-877-FYI-TRIP (1-877-394-8747)

offers excellent information on necessary vaccinations and disease prevention.

Local Travel Clinics include:

- 1. St. Luke's Travel Clinic: 610-954-4700**
240 Union Station Plaza, Bethlehem, PA 18015
Tuesdays 2:00 – 4:00 pm by appointment only;
provides vaccines and prescriptions, for a fee. Group discounts are available.
- 2. Lehigh Valley Hospital – Keystone Travel Clinic: 610-402-8433**
1210 S. Cedar Crest Blvd., Allentown, PA 18103
Mon – Fri. 8:00 am – 5:00 pm
provides physician consultation, prescriptions, and vaccines for a fee. Group discounts are available
- 3. Bethlehem Health Bureau: 610-865-7087**
10 East Church St., Bethlehem, PA 18018
Fridays 1:00-3:00 pm by appointment
carries Hepatitis A & B, Tetanus/diphtheria vaccines for a fee

Before you leave:

1. Have a dental check-up if you'll be traveling for three months or more.
2. Pack an adequate supply of your prescription medicines.
3. Pack a travel kit of over-the-counter medicines you might need and include bandages, antibiotic ointment, and personal items, which may include condoms.
4. Take your health insurance card. Check to see that you'll have international coverage if going abroad. Buy additional health/accident insurance, if needed.

While you're away:

1. Avoid excess sun exposure. Wear sun block and a hat for protection.
2. Take time to acclimatize to high altitudes by limiting strenuous exercise and drinking plenty of fluids.
3. Protect against insect bites with DEET-containing repellent, long sleeves, and long pants.
4. To avoid contaminated water, stick to bottled beverages and well-cooked food. Eat only fresh fruits and vegetables you can peel yourself. Avoid food from street vendors.
5. To avoid disease-causing parasites that may live in soil or water, wear shoes and don't swim in fresh water.

****PLEASE BE AWARE THAT APPROXIMATELY 40% OF PEOPLE WHO TRAVEL FROM INDUSTRIALIZED COUNTRIES TO DEVELOPING COUNTRIES EACH YEAR REPORT SOME ILLNESS ASSOCIATED WITH THEIR TRAVEL.****