

[Your Health and Safety Matters!](#)

Are you going on a trip outside of the U.S.?

Overseas travel exposes you to wonderful new experiences, but it can also expose you to potentially serious health risks. Remember – your health is your responsibility – with a bit of preparation, you can prevent an illness that could ruin your holiday, or worse.

Despite warnings to avoid travel, it is still a top priority for many Americans. According to a [recent survey](#), 78% of American travelers say that they are actively planning travel, while 18% have already made travel bookings.

Before Travel - Vaccinate



Plan Ahead and Vaccinate at least a month before you travel

- Find out [vaccine recommendations and requirements for your travel destination](#).

See your doctor when you start to plan your trip abroad. It's important to do this well in advance.

- You'll need time [to prepare for your pre-travel appointment](#).
- Finding your vaccine records and getting all the vaccines you need may take some time.
- **Always ask about routine vaccines when you talk to your health care professional about travel.** Make sure you are up to date on your [all recommended vaccines](#), such as MMR vaccine, *before* you travel.

TIP: Save time by getting [routine vaccines](#) during the same doctor visit. Use the Vaccine Self-Assessment Tool and discuss the results with your doctor. It tells you which U.S. recommended vaccines [you \(19 years and older\)](#) or [your child \(birth – 18 years\)](#) might need.

Vaccine Assessment Tool: <https://www2.cdc.gov/nip/adultimmsched/>

- Remember, your body needs time to build up immunity.
- If the country you visit requires a **yellow fever vaccine**, only a [limited number of clinics](#) have the vaccine and will probably be some distance from where you live. Only a registered provider

can offer this vaccine, and you *must* get it at least 10 days before travel. You will need a stamped vaccine certificate as well.

- If your primary health care professional does not stock travel vaccines, you may need to [visit a travel clinic](#) to get the vaccines you need.

Last-minute travelers

- Many travel vaccines require multiple shots or take time to become fully effective. But some multiple-dose vaccines (like hepatitis A) can still give you partial protection after just one dose. Some can also be given on an “accelerated schedule,” meaning doses are given in a shorter period of time.

Before Travel – Health Care Abroad



Getting Health Care Abroad

Prepare in Advance

Nobody wants to get sick while on a trip, but you can do some simple things to make sure you're prepared, just in case:

Find a Doctor:

- **The US embassy in your destination county** <https://www.usembassy.gov/> can help you locate medical services and will notify your family and friends in the event of an emergency. When selecting a doctor, make sure that he or she can speak your language. For an authoritative reference on physicians abroad, consult the American Board of Medical Specialists. <https://www.abms.org/>
- **Register** with the US embassy in your destination country at <https://step.state.gov/step/>

The following resource also provides lists of doctors and clinics that can care for travelers:

- **The International Association for Medical Assistance to Travelers** (www.iamat.org); membership required, but it is free

Remember To:

- **Bring** any medicines you may need (pack extra, in case of delays) from the United States. Medicines in other countries may be counterfeit.
- **Carry** a card that identifies, in the local language, your blood type, any chronic illnesses you have, any medicines you are taking, and any allergies you have.
- **Consider** travel health or evacuation insurance.

TravWell

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However, a “Must have” app for a safe, healthy, restful, worry free international vacation is TravWell, a very unique mobile app from the [Centers for Disease Control and Prevention](#). What with the many travel alerts, raging epidemics and endemic diseases, the only way to travel safe and smart is to use this app.

Not Vaccinated but Still Traveling?

If you are not vaccinated yet, you should consider delaying your travel until you are fully vaccinated. If you must travel and are unvaccinated, you should take the following precautions [before, during](#), and [after travel](#):

- Get tested with a [viral test](#) 1-3 days before travel.
 - Get tested again with a viral test 3-5 days after travel and stay home and self-quarantine for a full 7 days after travel, even if the test result is negative. If not getting tested, stay home and self-quarantine for 10 days after travel.
 - [Wear a mask](#) over the nose and mouth when in public settings. [Masks are required](#) on public transportation traveling into, within, or out of the United States and in US transportation hubs such as airports and stations.
 - Avoid crowds and [stay at least 6 feet or 2 meters](#) (about two arm lengths) from anyone who did not travel with you. It's important to do this everywhere — both outdoors and indoors — making sure to avoid poorly ventilated spaces.
 - [Wash your hands](#) often or use hand sanitizer (with at least 60% alcohol).
 - Follow all [state and local](#) recommendations or requirements after travel.
 - Do not travel if you are [exposed to COVID-19](#), [are sick](#), are [waiting for test results](#), or [test positive for COVID-19](#). <https://www2.cdc.gov/nip/adultimmsched/>
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Sometimes – in spite of good planning – things can still go wrong. Prepare for the unexpected by reading about [how to plan for a crisis](#) overseas.

<https://travel.state.gov/content/travel/en/international-travel/emergencies/what-can-you-do-crisis-abroad.html>

Resources:

Travel Health Issues

- <http://www.traveldoctor.com.au/Content/Knowledge-Hub/Travel-health-fact-sheets>
- <https://wwwnc.cdc.gov/travel>
- <https://wwwnc.cdc.gov/travel/page/common-travel-health-topics>
- <http://www.health.gov.au/internet/main/publishing.nsf/content/health-publth-strateg-quaranti-index.htm>
- <https://travel.state.gov/content/travel/en/international-travel/before-you-go/your-health-abroad.html>
- <https://travel.state.gov/content/travel/en/international-travel/before-you-go.html>
- <https://travel.state.gov/content/passports/en/go/health.html>
- <https://travel.state.gov/content/travel/en/traveladvisories/traveladvisories.html>
- <https://www.passporthealthusa.com/destination-advice/?paid=1&satid=789&gclid=CMD8oaWw1NQCFUInfgodoCUJ7g>
- <https://www.cdc.gov/features/vaccines-travel/index.html>
- <https://digital.gov/2015/07/15/safe-travels-with-travwell/>

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Learn More about Travel Safety and Insurance!



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