



## Healthy Preparation for Travel/Study Abroad

Travel education, immunizations, medications, and physicals are offered to MU students planning to travel abroad. Emphasis is placed on prevention of illness and safety during travel. Timely, detailed, country-specific information regarding requirements and recommendations are provided. Students should plan to see the Travel Medicine Nurse at least one to six months prior to departure.

Before a travel abroad experience, every MU student should have a general physical done by their primary care provider. Physicals can be obtained free of charge at Student Health Center if a student has the pre-paid health fee. This is especially important for those that have a chronic health condition such as diabetes, high blood pressure, asthma, or problems with their immune system.

Students should make sure that all of their routine immunizations are up to date. The Travel Medicine Nurse can assist by reviewing records at the Student Health Center. Other vaccinations, medications and precautions specific to each student's destination will be discussed at this visit; focusing on issues such as malaria, traveler's diarrhea, food and water precautions, insect/animal avoidance techniques and personal medical history.

Prior to an appointment, each student should attempt to locate their childhood and adult immunization records focusing on the dates of the following:

- Td (Tetanus/Diphtheria) - within the past 5-10 years (see <http://www.immunize.org/vis/td2.pdf>)
- MMR (Measles, Mumps, Rubella) - 2 doses within a person's lifetime (see <http://www.immunize.org/vis/mmr03.pdf>)
- Polio - completion of primary series as a child (may need a booster depending on travel destination) (see <http://www.immunize.org/vis/ipv-00.pdf>)
- Hepatitis B - recommended for every college student (see <http://www.immunize.org/vis/hepb01.pdf>)
- Hepatitis A - recommended for every college student traveling outside of the U.S. (see <http://www.immunize.org/vis/v-hepa.pdf>)
- Meningococcal Meningitis - especially for those living in a dormitory setting (see <http://www.immunize.org/vis/menin00.pdf>)
- Chickenpox - know your level of immunity protection either by disease, blood test or vaccine (see <http://www.immunize.org/vis/varic99.pdf>)
- Pneumococcal - for those with certain chronic health conditions (see <http://www.immunize.org/vis/pneum3.pdf>)
- Influenza - every year for those traveling during Flu season (see <http://www.immunize.org/vis/2flu.pdf>)
- Tuberculosis (TB) skin test - before departure and have it repeated 10-12 weeks upon return (if traveling to a country with a high rate of TB)

**Below is a list of travel-specific vaccinations that may be recommended and/or required based upon the student's destination:**

- Japanese Encephalitis
- Rabies
- Typhoid
- Yellow Fever (see <http://www.immunize.org/vis/index.htm#yellowfever>)

**Some ideas on how to locate immunization records:**

- Parents
- High school or previous college attended
- Family physician or pediatrician
- Health Department or clinic where vaccinated

To make an appointment at Student Health Center for a physical, please call 573-882-7481. To schedule an appointment for a travel medicine visit, please call 573-882-4661. Visit the website at [www.muhealth.org/~studenthealth](http://www.muhealth.org/~studenthealth).

See the following websites for travel recommendations and for non-MU students to locate a travel medicine provider:

Centers for Disease Control and Prevention

[www.cdc.gov/travel](http://www.cdc.gov/travel)

U.S. Department of State

[www.travel.state.gov](http://www.travel.state.gov)

Travel Health Online

[www.tripprep.com](http://www.tripprep.com)

International Association For Medical Assistance To Travelers (IAMAT)

[www.iamat.org](http://www.iamat.org)

***At the MU Study Abroad General Orientation, you will receive country-specific information from the Centers for Disease Control and Prevention, as well as the current US Department of State information for the country in which you will be studying.***