

The Family Doctor

Patient Information on Foreign Travel Immunizations

Immunizations needed depend upon your specific itinerary, age, and previous vaccine history.
The Family Doctor does not administer vaccines to children under age 4.

Prices and availability are subject to change. **Full payment is due at time of service and is the full responsibility of the patient.** Health insurance often does not pay for this service.

Immunization/ Service:	Cost:	Number in Series and Schedule:	Possible Side Effects:
Travel Consultation	\$164.00	Ideally 8-10 weeks prior to departure. By appointment only. <u>Please bring vaccine record to appointment.</u> We will review and administer vaccines needed and discuss other health needs related to travel, including jet lag & sleep medicines; altitude & motion sickness; traveler's diarrhea; and personal safety.	
Hepatitis A	Adult: \$144 ea \$288 / series Peds: \$78 ea \$156 / series	2 injections. 2nd shot 6-12 months after the first, then every 10 years to maintain immunity.	Soreness at injection site, headache, malaise.
Hepatitis B	Adult: \$101 ea \$303 / series Peds: \$65 ea \$195 / series	3 injections over a 6-month period (#2: 1-2 months after 1st; #3: 4-6 months after 1st). Accelerated schedule: 3 doses over four months.	Soreness, redness, itchy at injection site. Mild fatigue, fever, headache, nausea.
MMR (Measles, Mumps, Rubella)	\$115.00	1 or 2 injections (>4 wks apart) depending upon age, prior disease history and prior MMR vaccine history.	Burning, stinging, pain or rash at injection site; mild-moderate fever.
Meningococcal (meningitis)	\$165.00	1 injection with booster every five years to maintain immunity.	Redness at injection site for 1-2 days.
Pneumococcal (pneumonia)	\$124.00	1 injection if over age 65. If under age 65, possibly 2 vaccines total with 2 nd after age 65.	Pain, swelling and redness at the injection site.
Polio	\$94.00 each (\$282 / series if needed)	1 injection if fully immunized in childhood. Unvaccinated adults: 3 injections, one month apart. If limited time before travel, get additional injections upon return.	Pain, swelling, and redness at the injection site
Tetanus/Diphtheria (Td)	\$64.00	One injection with booster every 5-10 years to maintain immunity.	Soreness, redness & swelling at the injection site. Pain may extend from shoulder to elbow. Fever 1-3 days
Tetanus/Diphtheria/ Pertussis (Tdap)	\$95.00	One time booster to replace tetanus/diphtheria vaccine for added protection against pertussis.	Soreness, redness & swelling at the injection site; headache, mild fever, nausea, vomiting, diarrhea.

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Oral Typhoid (by prescription only)	Cost depends on pharmacy	4 capsules taken every other day over six days with booster in five years. Oral vaccine cannot be taken simultaneously with antibiotics and MUST be refrigerated.	Mild nausea most common. Sometimes abdominal pain, headache, fever, diarrhea, vomiting, and skin rash.

To Reduce the Side Effects of Immunizations:

- Immediately after receiving your vaccinations, rub the injection site well to bring blood to the area.
- Take acetaminophen or ibuprofen if you experience side effects such as fever and body aches.
- Apply a cold compress to the injection site if it becomes red, swollen, and/or tender.
- **SEEK IMMEDIATE MEDICAL ATTENTION IF YOU DEVELOP HIVES AFTER RECEIVING ANY IMMUNIZATION.** Also, immediately take an anti-histamine such as Benedryl (diphenhydramine), Claritin (loratidine), Allegra (fexofenadine), or Zyrtec (cetirizine).

Other Ways to Protect Yourself While Traveling:

- Carry all medications in their original, labeled containers.
- **Automobile Safety:** Wear seat belt; learn rules of the road and the meaning of road signs for the country in which you are traveling.
- **Crime:** Carry photocopies of your passport in your suitcase; leave valuables at home; wear money belt; when parked, keep rental car locked and windows rolled up at all times with no items visible. Contact your credit card company before you travel to alert them to your use abroad. Leave credit card number information and copy of passport with someone at home who you can trust.
- **Jet Lag:** Over-the-counter Melatonin, or prescription Ambien, Ambien CR, Sonata, Lunesta or Halcion.
- **Malaria:** Prescription medication taken prior, during, and after travel. Use DEET-based insect repellents; wear light-colored long-sleeves and long pants beginning at sunset; avoid perfumes and after-shaves; use mosquito netting.
- **Medical Care Abroad:** Ask your health provider for a listing of IMMAT-approved physicians. Carry with you a record of your immunizations, your medications, and your chronic health conditions. Write your blood type on your passport.
- **Motion Sickness:** Prescription patch or compounded cream applied to wrist.
- **Traveler's Diarrhea:** Prescription antibiotic with over-the-counter Imodium. Drink plenty of fluids. Boil water or treat with chlorine or iodine; drink only bottled and canned beverages (no ice); peel your own fruit and vegetables; cook all foods thoroughly and eat while steaming hot (do not eat reheated foods). Seek medical care if diarrhea is severe, bloody, continues more than a few days, or is accompanied by chills and fever.

For More Information:

- CDC Traveler's Health Information line: 800-CDC-INFO / 800-232-4636.
- CDC Travel Site (traveler's health, cruise ship sanitation scores, etc): www.cdc.gov/travel
- US Department of State (travel warnings, visa information, etc.): www.travel.state.gov