

## Stay Healthy - Plan Ahead



Many foreign countries require immunizations before you enter their country. Other immunizations are recommended to help you stay healthier while you are traveling.

Immunizations can prevent serious illnesses and diseases. Many of these immunizations require a series of shots. This requires planning ahead to allow enough time to receive all your shots.

## What Foreign Countries ?

When traveling to any foreign country, immunizations are often recommended and may be required.

You may also need medicine to prevent malaria. The Clinic Public Health Nurse can advise you about this.



*Stay healthy while you travel, plan ahead and get all the recommended & required immunizations*

## Vaccines Available

- ✈ Yellow Fever
- ✈ Hepatitis A & B
- ✈ Typhoid
- ✈ Meningococcal meningitis
- ✈ Influenza and Pneumococcal
- ✈ Polio
- ✈ Tetanus, Diphtheria, Pertussis
- ✈ Measles, Mumps, Rubella
- ✈ Rabies
- ✈ Varicella (Chicken Pox)
- ✈ Zostavax (Shingle)

**Remember, plan at least 3 to 6 months ahead of your departure date to assure maximum protection.**

## Fees, Location, and Times to Receive Services

### **Fees include cost of vaccine.**

For more information or to schedule an appointment call Monday through Friday from 9:00 am to 5:00 PM.

The Public Health Clinic Staff will discuss with you required immunizations after reviewing your travel plans.

Travel Clinic is held every Thursday in the Canton Public Health Office

**For More Information Call:  
St. Lawrence County  
Public Health Department**

**80 SH 310 Suite 2  
Canton, NY 12617-1476**

**(315) 386-2325**

**Or the CDC website  
<http://wwwnc.cdc.gov/travel/>**

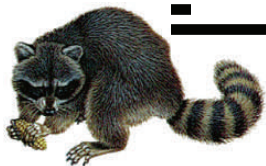
## Other Travel Tips

The people who fall into the following categories may have special medication and vaccination needs:

- Children
- Pregnant Women
- Women who may be pregnant
- Persons Allergic to Eggs

Often, these travelers are exempt from rules that apply to everyone else. If you think you fall into any of these categories, consult with your doctor or a St. Lawrence County Public Health Nurse

## RABIES



If you get bitten by an animal while traveling always assume the animal is rabid. Anyone exposed to rabies should receive prompt medical attention and receive rabies shots.



## THINGS TO TAKE WITH YOU WHEN TRAVELING

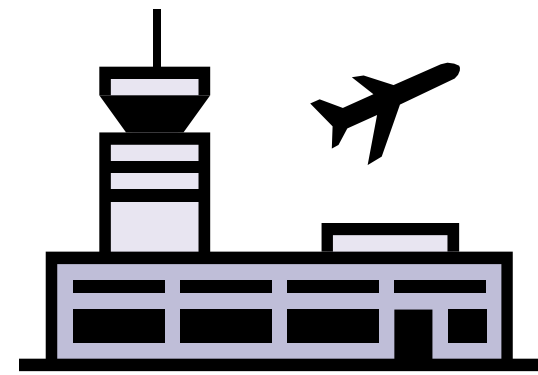
- Health Insurance ID
- Health Record: list of illnesses, operations, drug allergies, blood type, special medications you need, vaccination record (and international travel certificates, if required)
- Copies of your prescriptions
- Personal travel health kit
- Immunization Record
- Syringes (insulin) require a prescription
- Passport



... International Travel ...  
Not A One Shot Deal

St. Lawrence County does not discriminate on the basis of race, color, national origin, sex, religion, age, or disability, in employment or the provision of service.

# International Travel Immunization Clinic



**St. Lawrence County  
Public Health Department  
(315) 386-2325**

[www.co.st-lawrence.ny.us/Departments/PublicHealth/](http://www.co.st-lawrence.ny.us/Departments/PublicHealth/)