

## International Travel Health Clinic Services

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- Please schedule appointments with our nurse 4-8 weeks before travel (970) 335-2003.
- Log into [www.Tripprep.com](http://www.Tripprep.com) to preview vaccine recommendations prior to your appointment.
- All vaccinations are documented on an International Certificate of Vaccination (“yellow card”) per the World Health Organization (WHO). Please bring your card with you each time you need vaccines so all doses are recorded in one record. There is a \$25 fee for duplicate records, as this document is hand written and time consuming.
- Office visit fees are priced \$85/single, \$100/couple, \$50/each additional person. Payment is due at time of service—we accept cash, check or credit card (Visa/MasterCard/Discover). We accept and bill RMHMO and Anthem BC insurances—check with your plan to see if travel vaccines are covered. Medicaid, Medicare, and CHP+ do not cover travel vaccinations.

**Hepatitis A** vaccine is a priority for international travelers to protect against the viral infection caused by ingesting contaminated food or water. In developing countries underground sewage systems may be inadequate or non-existent, and the incident rate increases when flying insects feed on human waste sites picking up the pathogen and transferring onto foods or drinking water the consumer ingest, (fecal/oral route of transmission). *One dose of Hep A vaccine prior to traveling and a 2nd dose administered 6-12 months later provides high level of immunity (approximately 98- 99% effective) for at least 20 years, as we know it today. Cost \$104/dose + office visit fee.*

**Hepatitis B** vaccine prevents viral spread primarily through sexual contact but specifically via blood & body fluids in many locations around the world. This vaccine is not for those with allergy to baker’s yeast. *The vaccine requires three doses administered on day 0, day 30 and day 180, and gradually builds immunity over the series. Completion of the series is approx. 90-95% effective & is considered life time immunity. Medical occupations or those wanting concrete evidence of conversion to an immune state should request an “antibody” titer blood test from their physician 6-8 weeks after the 3rd dose to confirm immunity. Vaccination record and antibody tests should be placed together for future reference. Having a titer drawn years after completion of the series can be inaccurate, as the evidence of immunity against Hep B does not remain in the circulatory system. Cost: \$90/dose + office visit fee.*

**Hep A & Hep B (Twinrix)** a combination vaccine administered on a day 0, day 30, day 180 series. International travelers who have not had Hep A or Hep B vaccinations within 2 months of travel can select this combination product. *Two doses before travel. Lifetime immunization. Cost: \$142/dose + office visit fee.*

**Japanese Encephalitis** is a very serious viral infection spread to humans by the bite of a mosquito is a problem for travelers to areas in the Far East. *Cost: \$320/dose + office visit fee.*

**MMR (measles, mumps, and rubella)** adults born before 1957 are assumed to have had these childhood diseases; for all others, 2 doses of vaccine are appropriate prior to international travel. A measles epidemic in Europe in 2011 has heightened awareness and precautions. *Lifetime immunization. Cost: \$95/dose + office visit fee.*

**Meningitis** is a respiratory bacterial infection impacting an area across the breadth of Africa. In the US, vaccination is recommended for ages 12-20 as this is the group in our country with the highest risk. *Adults between ages 19-54 (Menactra) Cost: \$168 + office visit fee; for ages over 55 (Menomune) Cost: \$173 + office visit fee.*

**Pneumonia** Generally one dose is recommended at age 65 in the US. *If you are a smoker or have asthma or another chronic health problem, your physician may recommend a dose be given before age 65. A second dose is not*

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## public health

*recommended if the first dose was administered after age 65. While those with underlying chronic medical conditions who received a dose prior to age 65 can get a 2nd dose after age 65, if a minimum interval of 5 years has lapsed. Cost: \$104 + office visit fee.*

**Polio (wild polio virus)** stills occurs in a few areas of the world. A primary childhood vaccine series is essential for all travelers. One adult dose is recommended for travel into certain countries. Cost: \$57 + office visit fee.

**Rabies** is a viral infection that is 100% fatal, transmitted to humans through the bite or scratch of an infected mammal. While rabies is virtually unheard of in the US, it remains problematic in many developing nations. Veterinarians and animal occupations receive a 3 dose series in a “pre-exposure” endeavor. International travelers especially children and those with prolonged stays in remote areas of the world can consider vaccination prior to travel. Three doses given on days 0, 7, and 21 or 28. Cost: \$302/dose + office visit fee.

**Shingles** is a sequela eruption of the Varicella zoster virus (chickenpox) typically later in life or occurring during periods of extreme stress; painful blister-like vesicles erupt in areas of the nerve endings and may result in chronic nerve pain, if not treated immediately by a physician. Recommended for those aged 50+ years. Cost: \$237 + office visit fee. [If you have Medicare Part D, you will need to get this vaccine at a participating pharmacy.]

**Tetanus, diphtheria, pertussis** Tetanus boosters are customary every 10 years. However, if it has been greater than 5 years since your last tetanus booster, and you are traveling internationally we recommend a booster before travel. Two formulas available for adults: 1) TdaP (tetanus, diphtheria acellular Pertussis), is recommended for every adult at first opportunity to get a tetanus dose and now is recommended during each pregnancy; 2) Td (tetanus diphtheria) is recommended every 5-10 years thereafter, for subsequent tetanus boosters. Pertussis aka Whooping Cough has reemerged in the US and causes a very serious cough illness in adults, and can be deadly in infants. Adults are often found to be the original case in an outbreak, and vaccination is highly recommended for individuals who are around young children and infants. TdaP is licensed for ages 7 & up. Td is licensed 7 & up. Cost: \$21.65/dose

**Typhoid aka salmonella typhi** vaccine for food and water borne infection risk of bacteria that causes a very serious gastrointestinal infection. Available in two formulas and is approx. 60-80% effective, safe food choices plus vaccination diminishes overall risk: Inactivated typhoid vaccine is an injection and affords approx. 2 years of immunity (ages 2 & up) Cost: \$89+office visit fee; Live (weakened) oral typhoid vaccine (ages 6 & up) is available in a four capsule package, one every other day on an empty stomach as it is recommended, is effective for approximately 5 years. Cost: \$85 + office visit fee.

**Yellow Fever** vaccine remains the only “regulated” vaccination when traveling into or through countries with risk of the mosquito borne potentially fatal viral illness, (large areas of Africa and South America). This is a live (weakened) vaccine and those over 60 years of age should consult with their physician prior to vaccination. Those with egg allergies or immune system issues may not be able to receive this vaccine. One dose is valid for ten years. Cost: \$150+office visit fee.