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Patient Information on Foreign Travel Immunizations

Immunizations needed depend upon your 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	\$141.00	Ideally 8-10 weeks before departure. By appointment only. Bring vaccine record to appt. Purpose of consult: Review & administer vaccines needed. Discuss other health needs: jet lag & sleep medicines; altitude & motion sickness; traveler's diarrhea, etc.	
Hepatitis A	Adult: \$136ea \$272 / series Peds: \$74 ea \$148 / series	2 injections. 2nd shot 6-12 months after first, then every 10 years to maintain immunity.	Soreness at injection site, headache, malaise.
Hepatitis B	Adult: \$119 ea \$357 / series Peds: \$61 ea \$183 / series	3 injections over a 6-month period (0, 1-2, 4-6 months). Accelerated schedule: 3 doses in four months.	Soreness, redness, itchy at injection site. Mild fatigue, fever, headache, nausea.
MMR (Measles, Mumps, Rubella)	\$96.00	1 injection needed if born after 1957, with no history of measles illness, and one or no prior MMR vaccinations.	Burning, stinging, pain or rash at injection site; mild-moderate fever.
Meningococcal (meningitis)	\$140.00	1 injection with booster in five years to maintain immunity.	Redness at injection site for 1-2 days.
Pneumococcal (pneumonia)	\$74.00	1 injection if over age 65. If under age 65, 2 injections total with the 2 nd vaccine after age 65.	Pain, swelling and redness at the injection site.
Polio	\$74.00 each (\$222 / 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	\$53.00	1 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	\$81.00	1 time booster to replace tetanus/diphtheria vaccine for added protection from Pertussis.	Soreness, redness & swelling at the injection site; headache, mild fever, nausea, vomiting, diarrhea.
Yellow Fever	\$127.00	1 injection received at least 10 days prior to travel. Booster in 10 years.	Redness and tenderness at injection site. Fever, headache, muscle ache may occur 5-14 days after vaccination. Very rarely (1 in 100,000): vaccine is life threatening.

To Reduce the Side Effects of Immunizations:

- Take Tylenol (acetaminophen) prior to or after immunizations to decrease 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: 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.
- 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 physician 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 Transderm Scop Patch.
- 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: 877-394-8747
- 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
- Travel Medicine, Inc. (travel supplies and other information): www.travmed.com
- www.travelvacs.us

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