



The Onslow County Health Department Travel Clinic offers a complete line of immunizations and prescriptions to protect you while traveling abroad. The most appropriate immunizations and travel medications will be recommended based on your destination, duration of travel, activities, and medical conditions.

Plan early - get your vaccinations in time for full protection. To prepare for your trip, schedule an appointment: **(910) 347-2154, option #2.**

**The Travel Clinic does not see patients that are pregnant or under the age of 12 years old.**

What to bring to your scheduled appointment:

- Immunization record, including documentation of past vaccinations;
- List of current medications;
- Travel itinerary or list of countries / locations planning to visit;
- Completed International Travel Patient Questionnaire Form” located on the Health Department’s website ([www.onslowcountync.gov/health](http://www.onslowcountync.gov/health) located under Health Forms drop box main landing page).

**Note:** It is preferred that the Patient Questionnaire be completed and provided to OCHD prior to the appointment time to allow clinical staff time to review itinerary and make determination of needed vaccinations.

- Completed Immunization Fast Track form (also on OCHD’s website). Bring this completed form with you for the appointment. Otherwise one will be completed during the appointment.

### **Pre-Travel Consultation**

Planning a trip? Be prepared. One in four travelers reports an illness or other health problem while traveling. You can significantly reduce your risk of illness abroad with a pre-travel consultation.

Our staff meet with each traveler to learn more about their plans, their destinations and what they will be doing while away. With this information, our team creates a treatment plan, recommending immunizations and medications that will prevent illness for the specific area you will be traveling in.

Pre-travel consultations should be made **one month** before traveling to your destination. Appointments can be made sooner but please note:

**Proof of vaccination with Yellow Fever is not valid until 10 days after you get the vaccine, and you may be denied access into countries that require proof of Yellow Fever vaccination.**

Patients of the Travel Clinic receive:

- Pre-travel consultation,
- Travel advisories and up-to-date information,
- Immunizations, and
- Related prescriptions

## Travel Advisories & Up-To-Date Information

An important component of the consultation is education. We also educate travelers on how to stay safe and healthy while traveling and provide you with the most up-to-date information. The information travelers will receive include relevant travel information about their destination:

- Up-to-date information on potential health threats, including disease outbreaks and travel advisories
- Tips and advice on how to remain safe and healthy during travel
- Helpful information on the local culture
- Detailed information about immunizations received

## Immunizations

While it's not the most fun part of traveling, immunizations are the most important. Travelers will receive immunizations during their consultation by our qualified medical staff. See below to learn more about the immunizations.

## Travel-Related Prescriptions

Immunizations aren't the only line of defense to keep travelers healthy. Prescription medications are also an important part of any travel plan. During the appointment, you can receive prescriptions for travel-related illnesses including anti-malarial medication and antibiotics for traveler's' diarrhea.

The specific drugs chosen will be based on the travelers destination(s), the length of time in the area, and the traveler's own health history.

## Payment

Insurances generally do **not** pay for travel vaccines; therefore, the Onslow County Health Department requires payment of travel vaccines at the time of service. We will submit a claim to your insurance carrier as a courtesy and refund you if we receive payment.

Tricare beneficiaries: Immunization(s) recommended specifically for travel outside the United States are **not** covered, **except** for immunizations required for active duty family members whose sponsors have permanent change-of-station order (PCS) to overseas locations. These immunizations are covered as outpatient office visits. **NOTE:** You must provide a copy of the sponsor's change-of-station order for claim filing purpose to Tricare. A prior authorization may be required for those covered by Tricare (Prime). Check with your primary care manager.

**Hepatitis A Vaccine**

Hepatitis A is a serious liver disease caused by the hepatitis A virus. The virus is spread by close contact with someone who has the infection or by eating contaminated food or water. Receiving the vaccine can prevent hepatitis A. People traveling or working in countries with high rates of hepatitis A should receive the vaccine. Two doses of the vaccine given at least six months apart are needed for lasting protection.

**Hepatitis B Vaccine**

Hepatitis B may cause acute illness or long-term illness that leads to liver damage and can be spread through contact with blood or body fluids of an infected person. Hepatitis B vaccine can prevent hepatitis B. People who should receive this vaccine include everyone 18 years of age and younger, adults who have more than one sex partner, men who have sex with men, injection drug users, health care workers, anyone who may be exposed to infected blood/body fluids, and travelers who plan on living or working in certain countries for greater than six months. The immunization series consists of three shots.

**Influenza Vaccine**

Influenza is a serious disease that is caused by a virus that spreads from infected persons to the nose or throat of others. People of any age can get influenza. The risk of exposure to influenza during international travel varies depending on the time of year and destination. The influenza vaccine is provided yearly.

**Japanese Encephalitis (JE)**

JE is a mosquito-borne viral encephalitis in Asia. This vaccine may be recommended to people who plan to live in areas where JE is endemic or for travelers who plan activities in rural farming areas in endemic regions. The primary immunization series consists of two shots.

**Meningococcal Vaccine**

Meningococcal disease is a bacterial infection caused by *Neisseria meningitidis*. This bacteria can cause life-threatening meningitis. Receiving the meningococcal vaccine can decrease the risk of acquiring this infection. This vaccine is recommended for travelers going to certain parts of sub-Saharan Africa, pilgrims attending the annual Hajj in Mecca, Saudi Arabia and college students living in dorms or crowded apartments.

**Measles/Mumps/Rubella (MMR)**

Measles, mumps, and rubella are serious infections. The MMR vaccine can prevent these diseases. Two doses of MMR should be received during childhood. Adults born after 1956 who have not received two doses of MMR should receive one dose prior to travel. Pregnant women should wait until after they have given birth to receive this vaccine. Women should not get pregnant for one month after getting the MMR vaccine.

**Pneumococcal Vaccine**

Pneumococcal disease is a serious disease that may cause meningitis, pneumonia, ear infections, and blood infections. There are two different vaccines to prevent this infection:

Pneumococcal polysaccharide vaccine is recommended for all adults 65 years of age or older and people over two years of age who are immunocompromised or have chronic medical conditions.

**Polio Vaccine**

Polio is a disease caused by a virus that enters the body through the mouth. Sometimes it causes paralysis. The inactivated polio vaccine (IPV) can prevent polio. Most people receive the polio vaccine when they are children. Adults who were vaccinated as children but who are traveling to areas of the world where polio is present or are health care workers should receive a booster dose of IPV.

**Rabies Vaccine**

Rabies is a viral infection of the brain transmitted by infected saliva. The virus usually enters the body through an animal bite. Dogs are the main reservoir of infection in developing countries. Pre-exposure vaccine may be recommended to some international travelers depending on their individual risk of acquiring rabies. The risk of rabies is highest in parts of Mexico, El Salvador, Guatemala, Peru, Colombia, Ecuador, India, Nepal, Philippines, Sri Lanka, Thailand, and Vietnam. Pre-exposure rabies vaccine requires three doses.

**Tetanus/Diphtheria Vaccine (Td)**

Tetanus is caused by bacteria that enter the body through a cut or wound. Diphtheria spreads from an infected person to the nose or throat of others. People who have received at least three doses of Td during their lifetime need a Td booster every 10 years.

**Tetanus, Diphtheria, and Pertussis Vaccine (Tdap)**

Whooping cough—known medically as pertussis—is a highly contagious respiratory tract infection. Although it initially resembles an ordinary cold, whooping cough may eventually turn more serious. The best way to prevent it is through vaccinations. The childhood vaccine is called Dtap. The whooping cough booster vaccine for adolescents and adults is called Tdap. Both protect against whooping cough, tetanus, and diphtheria. All adults should get a booster dose of Td every 10 years.

**Typhoid Fever Vaccine**

Typhoid fever is a life threatening illness that may be acquired through contaminated food and water. The typhoid fever vaccines can reduce the risk of developing this infection. Travelers who are spending time in regions where food and water precautions are recommended should receive this vaccine. There are two different typhoid fever vaccines available.

ViCPS: Single dose injection; allows for two years of protection

**Varicella Vaccine (Chickenpox)**

Chickenpox is caused by a virus that can be spread from person to person through the air or by contact with fluid from chickenpox blisters. The chickenpox vaccine can prevent chickenpox. This vaccine is recommended for children older than 12 months and adults if they have never had chickenpox.

**Yellow Fever Vaccine**

Yellow fever is a mosquito borne viral disease that may cause severe hepatitis and hemorrhagic fever. This disease is preventable by a safe and effective vaccine. The vaccine is recommended and may be required for travel to certain areas of South America and Africa. Reactions to this vaccine are mild. This vaccine should not be administered to pregnant women, people who are immunocompromised or people with an egg allergy.

### **Zostavax Vaccine (Shingles)**

Shingles is a painful localized skin rash often with blisters that is caused by the varicella zoster virus (VZV), the same virus that causes chickenpox. Anyone who has had chickenpox can develop shingles because VZV remains in the nerve cells of the body after the chickenpox infection clears, and VZV can re-appear years later causing shingles. Shingles most commonly occurs in people 50 years old or older, people who have medical conditions that keep the immune system from working properly, or people who receive immunosuppressive drugs.

This vaccine is recommended for people 60 year old or older. However, some insurance carriers may pay beginning at age 50. Check with your insurance carrier prior to getting the service.

The Zostravax Vaccine is considered a drug and may be covered if you have a Prescription Part D (Drug) insurance plan. OCHD is unable to directly bill your Part D plan however it can submit a claim via a 3<sup>rd</sup> party application, TransActRx.