

Travelers should begin their travel medical preparation, 2 months before their trip. Do not wait for the last week before departure to check on needed vaccinations, or there is a likelihood of not being able to become adequately protected by the time of departure. Vaccines may require more than one dose, separated by weeks or a month, and they require some time to build immunity. Travelers should also be sure to bring their immunization records to travel health consultations.

INTERNET RESOURCES

[CDC Travel](#)
[International Society of Travel Medicine](#)
[World Health Organization Travelers' Health](#)
[Travel Health Online](#)
www.travmed.com
[American Journal of Tropical Medicine & Hygiene](#)

If you plan to travel outside the United States, you may need to update your immunizations or get additional immunizations. Following are suggestions and resources to help you determine what you need in order to stay healthy overseas.

RECOMMENDATIONS

- Plan ahead. Last minute travelers are not easily accommodated for appointments and vaccines could require more than one visit. **Allow 6-8 weeks prior to travel.**
- Some travelers have special needs to consider--especially the elderly, pregnant women, very young children, travelers with medical problems or travelers taking certain medications. A clinic assessment may be necessary or helpful.
- Information provided through phone or fax resources may not specifically apply to your travel plans or needs. An office consultation may be helpful in deciding your prevention plan.

RESOURCES

Infections Limited 220 15 th Ave SE, Ste B Puyallup, WA 98372	253 428-8754	This travel clinic is an appointment only clinic. The clinic does not offer phone information. An office visit includes a nurse assessment and extensive travel information. Family discounts are available.
Passport Health 4301 S Pine St Tacoma, WA	253 475-6462	Call for appointment.
Passport Health 3900 E Valley Rd, Ste 101 Renton, WA 98055	425 251-0205	Call for appointment.
Virginia Mason Travel Clinic Federal Way	253 874-1638	Full service travel consultation on an appointment basis.
Thurston County Public Health Immunization Program Olympia, WA	360 786-5581 x16420	Call for appointment.
University of Washington Travel Medicine Service	206 598-4888	Computerized phone system with option to speak with a person.
CDC International Traveler's Hotline	404 332-4559	Vaccine recommendations information and disease prevention tips for specific geographical areas.
Department of State, Overseas Citizens Service	202 647-5225	Computerized phone system with option to speak with a person.