Traveling outside the United States? Get vaccinated.
Vaccines protect you from diseases not often found in the United States.

Plan ahead for safe, healthy travel.

Get vaccinated 2 months before your trip.
• Contact your healthcare provider or a travel clinic or pharmacy below.
• Vaccines take time to fully protect you.
• You may need multiple doses of vaccine, up to 4 weeks apart.

Some travelers have special needs to consider.
General information may not apply to your health situation or travel plans. You may need to schedule a consultation to determine how you should prepare for safe travel. Especially if you are:
• Older than 65.
• Traveling with a child younger than 2.
• Pregnant.
• Living with a medical condition.
• Taking certain medications.

Travel clinics
Passport Health
4301 S. Pine St., Suite 27
Tacoma, 98409
(206) 414-2709
passporthealthusa.com

Virginia Mason Travel Clinic
33501 First Way S.
Federal Way, 98003
(206) 583-6585
virginiamason.org/travel-health

Pharmacies
Rite Aid
Gig Harbor .... (253) 851-6939
Lakewood .... (253) 588-3666
Tacoma....... (253) 474-0115

Safeway
Milton ........... (253) 952-0390
Puyallup....... (253) 841-1534
Tacoma....... (253) 566-9217

Fred Meyer
Bonney Lake ........(253) 891-7333
Puyallup..........(253) 840-8183
Sumner ............(253) 826-8433
Tacoma............(253) 475-6073
University Place ...(253) 460-4033

Call before you go to verify services and fees.

Online resources
Travel Health Online
tripprep.com

Centers for Disease Control and Prevention Travelers’ Health
cdc.gov/travel

United States Department of State Travel Information
travel.state.gov

World Health Organization International Travel and Health
who.int/health-topics/travel-and-health

International Society of Travel Medicine
istm.org

American Journal of Tropical Medicine and Hygiene
ajtmh.org

Tacoma-Pierce County Health Department
Healthy People in Healthy Communities