



Planning to travel

- Plan ahead! Before you travel, you may need a series of shots over several weeks.
- Illnesses like malaria and rabies can emerge weeks or months after your return.
- Up to 50% of travelers get “traveler’s diarrhea” during their trips.
- Medical evacuation can cost up to \$100,000. Are you insured?
- Transportation-related injuries are the leading cause of preventable deaths among travelers.
- We can help you travel healthier! Call us to schedule a consultation with our nursing staff.

Resources

Travelers' Health
<http://wwwnc.cdc.gov/travel/>
US Dept of State, Travel Information
<http://travel.state.gov/>

Vaccine Preventable Disease Clinic Services-Travel Consults

Main Clinic (Everett)

3020 Rucker Avenue, Suite 108
Everett, WA 98201

425.339.5220

Clinic services by appointment
Monday, Wednesday, Friday
8:00am - 5:00pm

South County Clinic (Lynnwood)

6101 200th St. SW, Suite 100
Lynnwood, WA 98036

425.775.3522

Clinic services by appointment
Tuesday & Thursday
8:00am - 5:00pm

Snohomish Health District does not discriminate or deny services based on race, color, creed, religion, national origin, age, sex, marital status, sexual orientation, political ideology, veteran status, income status, ancestry, disability, or any other unlawful basis.



Traveler's

Health Services



PUBLIC HEALTH
ALWAYS WORKING FOR A SAFER AND
HEALTHIER SNOHOMISH COUNTY



Advice

We tailor our medical advice to your travel itinerary and personal health needs. We have information for travelers with special needs, including traveling with children, during pregnancy, or if you have a medical problem such as diabetes. We will work with your health care provider as needed to assure safe travel.

Immunizations

We stock or can order vaccines that are required or recommended for travel. We also have the latest updates about disease outbreaks anywhere in the world.

Medications

We will inform you what over-the-counter medicines work well and we can prescribe what you need from a pharmacy to prevent or treat traveler's diarrhea, altitude sickness, or malaria.

Safety

Traveling can be risky! We prepare you with food and water precautions, ways to guard against insects, and helpful tips for emergency planning.

Records

We will provide you with your International Certificate of Vaccination documenting all immunizations you receive in preparation for your trip.

Important tips to remember

If you plan to travel out of the country you may need other immunizations to protect yourself against vaccine-preventable diseases that are not common in the United States.

Schedule an appointment for a travel consult at least one month prior to your trip. Be sure to ask about which immunizations are recommended for your destination.

Bring to your appointment:

- your immunization records
- complete travel itinerary
- a list of your medications
- a list of your allergies
- doctor's phone number and your pharmacy phone number.

Payment for your office visit is due at the time of service. Call for current fee schedule.