

DOWNTOWN PUBLIC HEALTH
2124 4th Avenue
Seattle, WA

206-477-8300

**Travel Immunizations by appointment:
Monday through Friday**

Initial travel visits with a nurse are available by appointment by calling **477-8222**.

Travel prescriptions are available by appointment *Monday through Wednesday*.

Oral typhoid prescriptions are available by appointment Monday through Friday.

Public Health 
Seattle & King County

Travelers' Health Care Clinic



Public Health – Seattle & King County offers timely information about health-related risks while traveling abroad.

Downtown Public Health's travel clinic offers full travelers' health care services including Travel Assessment, travel immunizations, prescription medications for malaria prevention, altitude sickness, treatment of travelers' diarrhea and other travel-related conditions.

Travel services are available by appointment only.

TRAVEL ASSESSMENT

Travel is a lot of fun and a great way to increase your appreciation of our world, but there can be risks associated with traveling and living in all areas of the world.

When you're traveling abroad, a travel assessment will help you prepare for any health risks of your trip. During the travel assessment, the travel clinic nurse provides information and emphasizes the best ways to prevent travel-related illnesses.

A traveler's *regular* health care provider should evaluate pre-existing medical conditions.

The TRAVEL ASSESSMENT includes:

1) Review of your itinerary

- What countries will you visit, and in what order? Some countries require proof of vaccination when you enter from certain countries because of diseases that may be occurring in those areas.
- How long will you stay in each country? With longer trips, you have more potential exposure to insects, food- and water-borne illness and other infectious diseases.
- When does your trip begin? If you're leaving in less than two weeks, you may not have time to get all the recommended doses of vaccine, or you may not have developed full protection yet.

2) Risk factors for health problems on your trip

- What type of accommodations will you stay in?
- Where will you eat your meals and get water to drink?
- What types of activities will you participate in on your trip? Do they involve high altitude, swimming in areas with water-borne bacteria or parasites, possible exposure to bites of domestic or wild animals, etc.?
- Are insects a problem where you're going? Diseases spread by mosquitoes occur all over the world, even in areas of the world we usually think of as safe (Mexico and Hawaii).

3) Review of your medical history

- Allergies
- Medications
- Chronic illnesses or medical conditions
- Pregnancy

4) Medical and emergency care while traveling

- Where would you get health care in an emergency during your trip?
- What first aid supplies should you bring with you?
- Do you have prescription medications or eyeglasses?

5) Vaccine requirements and recommendations

- Which vaccines are required or recommended? What vaccines have you already had?
- How to schedule needed doses - some vaccines may be given together, some must be separated in time from other vaccines, some require more than one dose and have specific minimum time intervals.
- Some vaccines or medications (for example, anti-malarial medication and oral typhoid vaccine) require a prescription.

Please note: A travel assessment is required in order to receive travel immunizations at a Public Health – Seattle & King County clinic.