



Texas Tech
Physicians
of LUBBOCK



Holiday Travel Tips

Travel Smart... Travel Sense

You've been planning and saving for that once-in-a-life-time vacation to India, China, or Peru. Maybe you're heading to Africa or Central America as a member of a medical mission team or mission experience. One thing you don't want is a personal, yet preventable, health problem that spoils the experience.

World-wide travel is increasing annually. The TravelMed at Texas Tech Physicians- Travel Medicine can provide all the pre-travel consultation, vaccinations, and other preventive services you may need! Don't leave it until the "Night Before Christmas" to get those pre-vacation preparations conquered.

The frequency and severity of travel-related illness depends on travelers' destination, how long they will travel, and/or what activities they participate in while traveling.

To maximize holiday happiness, keep these points in mind as you prepare for your trip:

- Vaccinations that we commonly recommend include: hepatitis A; typhoid; yellow fever; and a tetanus booster; your own vaccinations will depend on your destination and specific travel plans.
- Those traveling to central Africa and tropical South America should receive yellow fever vaccine and a prescription to prevent malaria. India and Southeast Asia are also areas of malaria risk, as are parts of China and Central America.

- If you are visiting rural areas of China, India, Nepal or SE Asia, or spending an extended time in these countries, we would likely recommend the Japanese encephalitis vaccine.
- Should you be traveling to the sub-Saharan region of Africa during December through June, we would recommend the vaccine to prevent bacterial meningitis.
- Some countries are still dealing with polio, in which case we might recommend a one-time polio booster for adults.
- If you are going on a medical mission trip and haven't been vaccinated against hepatitis B, we would recommend that vaccine.
- If you are traveling during October through March, we recommend you be vaccinated against seasonal influenza.
- If you are over 65 and/or have underlying heart or lung disease, we might also recommend vaccine to protect you from bacterial pneumonia.

Aside from helping you prevent disease and during your trip, it's also important to protect your family and resident community from the introduction of communicable disease agents when you return. Indeed, increased international travel has been cited as a major risk factor for the continued emergence of new human infectious diseases.

We can assist in making your next trip less risky. Call us at 743-2757 to schedule an appointment.