

# Your GLOBAL TRAVEL Vaccine Checklist

Making plans to travel internationally requires a number of steps to be taken. The most important of which is to get necessary vaccines to guard against getting sick and ensuring that your excursions are filled with fun and excitement.



**REMINDER:**  
Be sure your passport is up-to-date and you have all required documentation to travel (i.e. visa and vaccination records.)

Here's a brief overview of some of the required and suggested inoculations for travel around areas such as Asia, Africa, and South America.

**SOUTH AMERICA**

**NEEDED FOR TRAVEL:**

Standard Vaccinations:

- Hepatitis A
- Typhoid

Potential Vaccinations:<sup>7</sup>

- Malaria
- Schistosomiasis
- Rabies
- Yellow Fever

The above vaccinations do not constitute all possible inoculations for travel to South America. For specific travel needs please consult your physician and [cdc.gov](http://cdc.gov).

**TIPS TO STAY HEALTHY:**

- Get your required inoculations at least a month to six weeks out from your trip<sup>1</sup>
- Pack and wear your mosquito repellent to prevent potential contraction of Dengue Fever or Chikungunya - which have no vaccine or medication for disease prevention<sup>2</sup>
- Be mindful of where you go swimming, because dangerous parasitic infections can be contracted in dirty bodies of water<sup>6</sup>

**AFRICA**

**NEEDED FOR TRAVEL:**

Standard Vaccinations:

- Hepatitis A
- Typhoid

Potential Vaccinations:<sup>6</sup>

- Hepatitis B
- Yellow Fever
- Malaria
- Rabies
- Polio
- Meningitis

The above vaccinations do not constitute all possible inoculations for travel to Africa. For specific travel needs please consult your physician and [cdc.gov](http://cdc.gov).

**TIPS TO STAY HEALTHY:**

- Get your required inoculations at least a month to six weeks out from your trip<sup>9</sup>
- Consult with the U.S. Department of State for a list of places that may be dangerous for Americans to visit<sup>3</sup>
- Be mindful of where you go swimming, because dangerous parasitic infections can be contracted in dirty bodies of water<sup>5</sup>
- Pack and wear your mosquito repellent

**ASIA**

**NEEDED FOR TRAVEL:**

Standard Vaccinations:

- Hepatitis A
- Typhoid

Potential Vaccinations:<sup>4</sup>

- Malaria
- Japanese Encephalitis
- Rabies
- Polio
- Yellow Fever

The above vaccinations do not constitute all possible inoculations for travel to Asia. For specific travel needs please consult your physician and [cdc.gov](http://cdc.gov).

**TIPS TO STAY HEALTHY:**

- Get your required inoculations at least a month to six weeks out from your trip<sup>2</sup>
- Pack and wear your mosquito repellent
- Be cautious about accepting food and/or drinks from strangers. According to USA Today, thieves and other criminals have been known to drug foreign travelers to rob them or commit other crimes.<sup>7</sup>
- Use your mosquito repellent to prevent potential contraction of Dengue Fever or Chikungunya - which have no vaccine or medication for disease prevention<sup>8</sup>.

## YOUR SURVIVAL GUIDE TO SAFE AND HEALTHY TRAVEL, ACCORDING TO THE CDC

When considering international travel you should be **Proactive, Prepared, and Protected** when it comes to your health while you are traveling.<sup>8</sup>

### BE PROACTIVE:

- Learn about your destination
- Consult your physician before traveling
- Evaluate your health status prior to traveling

### BE PREPARED:

- Pack appropriately
- Have an action plan if you get sick
- Be informed and share your trip details

### BE PROTECTED:

- Be mindful and assess your health during your travels
- Keep emergency contact info (including physician or family members names, phone numbers and email addresses) on your person at all times.

To learn more about vaccines and their impact on public health, visit the Kent State College of Public Health for more information.



[kentmph.online/checklist](http://kentmph.online/checklist)

### Cited Sources:

1. <http://www.vaccines.gov/travel/>
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3. <http://traveltips.usatoday.com/safe-travel-africa-1306.html>
4. <http://www.travelclinicsofamerica.com/destinations/asia/>
5. <http://www.travelclinicsofamerica.com/destinations/africa/>
6. [http://www.cdc.gov/parasites/schistosomiasis/gen\\_info/faqs.html](http://www.cdc.gov/parasites/schistosomiasis/gen_info/faqs.html)
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