

Travel Medicine

What is travel medicine?

Travel medicine is a relatively new field, designed to educate and prepare travelers to take necessary precautions to protect their health prior to traveling internationally. At Monroe Clinic, travel medicine is offered through our travel clinic located in occupational health services on the Monroe campus. Services include pre- and post-travel counseling, disease prevention advice, and immunizations. Travelers will learn how to avoid risk factors, how to manage any pre-existing conditions, and what precautions should be taken on their journey.

Why should I visit a travel clinic?

Annually, hundreds of thousands of travelers visit countries where they may be exposed to diseases such as malaria or typhoid fever. If you are planning a trip outside of North America or Western Europe, you should visit our travel clinic to ensure you are taking all necessary precautions to protect your health. The travel medicine staff can go over your travel plans and discuss which immunizations best fit your needs.

When should I visit a travel clinic?

We ask for a minimum of eight weeks to receive all basic required vaccinations for your trip. Some immunizations can require more time. Consult our travel clinic as soon as you begin planning for your trip.

Does my insurance cover travel medicine?

Coverage varies from plan to plan. Check with your insurance provider to find out if they cover travel medicine expenses. Travel medicine costs can range greatly depending upon the services and immunizations needed. Please consult with our travel clinic staff for details.

What vaccines does Monroe Clinic's Travel Clinic offer?

- Tetanus/Diphtheria (Td)
- Hepatitis A and B
- Japanese Encephalitis
- Meningococcal Vaccine
- Polio
- Mumps/Measels/Rubella (MMR)
- Typhoid (oral)
- Influenza
- Yellow Fever*

*Monroe Clinic's travel clinic is one of the few facilities in the region that offers the yellow fever vaccine. You will not be allowed to enter certain countries without it. See www.cdc.gov for a complete list of vaccinations.

How can I make an appointment with Monroe Clinic's travel clinic?

Contact Monroe Clinic's travel clinic by calling occupational health services at 608-324-2160.

How should I prepare for my appointment?

Be prepared to discuss the specifics of your travel plans, such as countries and cities you'll be visiting, length of stay, and type of accommodations. Also, bring a list of vaccinations you have received in the past and dates when you received them.

Travel Checklist

- Finalize details of your travel plans: accommodations, food and water preparations, geographical areas you'll visit, and medical services available.
- Schedule an appointment with Monroe Clinic's travel clinic well in advance. At least eight weeks is recommended.
- Receive appropriate immunizations by a travel medicine provider and obtain an International Certificate of Vaccination or Yellow Card to keep with your passport.
- Check with your health insurance provider about coverage for international travel.
- Fill out the inside page of your passport with identification and emergency contact information.
- Have a complete medical examination by a travel medicine provider and a dental check-up.
- Arrange for an adequate supply of prescription medication along with a letter from your physician explaining your need for the drug. Make a list of generic names for your medications, as international pharmaceutical companies may use different names.
- Bring an extra pair of eye glasses or contact lenses and sunglasses.
- Collect items for a first-aid travel kit.