

While traveling abroad...

TRAVEL SMART

- Wash your hands often with soap and water or use an alcohol-based hand gel (at least 60%)
- Eat only well-cooked foods. avoid eating (unpasteurized) dairy products, salads, and fruits (unless you can peel your own fruit).
- Drink bottled water or carbonated drinks.
- Avoid ice in your drinks.
- Do not handle animals, and do not let your children handle animals, especially monkeys, dogs, and cats.
- Get medical attention right away if you become sick with a fever or flu-like illness either while traveling in a malaria-risk area or after returning home (up to 1 year).
- Tell your doctor about your recent travel history, especially if you become sick.
- Protect yourself against insect and mosquito bites.

BRING WITH YOU

- Insect repellent containing 30–35% DEET
- Over-the-counter anti-diarrheal medicine
- Alcohol-based hand gel (at least 60% alcohol)
- Sun block (at least SPF15)
- Your prescription medications in their original containers (including copy of the prescription).

INTERNATIONAL EMERGENCIES

Embassies: usembassy.gov
Contact nearest embassy or call +1-202-501-4444 (Overseas)

LOCATIONS

FORSYTH COUNTY HEALTH DEPARTMENT

770-781-6900

428 Canton Hwy
Cumming, GA 30040

HALL COUNTY HEALTH DEPARTMENT

770-531-5600 ext 5657 or 5658

1290 Athens Street
Gainesville, GA 30507



Vaccines

Risk
assessment

Altitude
sickness

and more!



International Travel Clinic

**Approved Georgia
Yellow Fever Providers**

Proudly Serving North Georgia

explore the world

Members

**International Society of Travel Medicine &
American Travel Health Nurses Association**



FAQ

WHAT IS A TRAVEL CLINIC?

Travel clinics give counseling for international travel.

We carry specialty vaccines recommended for travel to anywhere in the world.

WHEN TO START PLANNING?

Don't delay -- book today!

We recommend making an appointment **6-8 weeks** before departure, but can help if you're on a short schedule.

DO I NEED AN APPOINTMENT?

The only way to guarantee a travel clinic visit is to call ahead, but we occasionally accept walk-in clients.

WHAT'S IN A VISIT?

- Vaccines / Medications
- Jet lag
- Food and water safety
- Insect precautions
- Environmental exposures
- Traveler's thrombosis
- Mountain climbing
- Any other concerns
- Certain medical conditions may require additional consultation

You may be given vaccines based on your itinerary. **Bring a list of any medicines that you currently take for our nurses to review.**



FAQ

WHAT'S THE COST?

Call your insurance company to see specific policies.

Insurance companies rarely cover non-routine vaccines regardless of medical provider.

A travel visit will cover all your health concerns for traveling, and varies widely depending on medications needed.

DO YOU HAVE GROUP APPOINTMENTS?

If you are travelling in a group with other family or travelers, we can accommodate appointments together. Call us for more details!

There are generally no group discounted rates available, as we thoroughly review medical history and needs of each individual client we see regardless of group size.

Find more information

OUR WEBSITE

phdistrict2.org/travel-clinic/HOURS

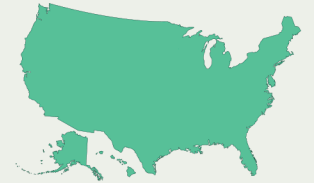
Call us for availability

Passports: travel.state.gov

Recommended Vaccines

ROUTINE

- COVID-19
- HEPATITIS A
- HEPATITIS B
- PNEUMONIA
- MENINGITIS
- INFLUENZA (FLU)
- MEASLES/ MUMPS/ RUBELLA (MMR)
- TETANUS/ DIPHTHERIA/ PERTUSSIS (TDAP)
- POLIO
- VARICELLA (CHICKENPOX)



INTERNATIONAL

- JAPANESE ENCEPHALITIS
- YELLOW FEVER
- ORAL TYPHOID
- TYPHOID INJECTABLE
- RABIES
- CHOLERA



Other Medications

OTHER MEDICATIONS MAY BE RECOMMENDED AND SENT TO YOUR PHARMACY:

- MALARIA
- ALTITUDE SICKNESS
- TRAVELER'S DIARRHEA