

HERE'S WHAT YOU NEED TO KNOW (FAQ)

Travel Consultations in Student Health Services

Will you be traveling out of the country soon? Avoid Travel Diseases and Travel Safely!

Preventable diseases often require a four-week period following vaccination to produce immunity. A minimum of 4 weeks before traveling is often needed to space vaccines and to start travel medication.

Bottom line... See us 4-6 WEEKS BEFORE TRAVELING ABROAD or to other travel destinations! **310-338-2881**



WHEN AND WHERE ARE YOU TRAVELING TO?

When your trip or program is confirmed, set up an appointment with Student Health Services for a Study Abroad – Health travel visit. **Review travel**

information covered by the Center for Disease Control: www.cdc.gov/travel.

We would like you to complete and bring in all health clearance instructions and requirements.



DOES YOUR PROGRAM AND/OR TRAVEL REQUIRE IMMUNIZATIONS OR PROOF OF THEM?

Listed below are a list of common vaccinations for travel outside of the United States. Review your program requirements and recommendations. Also, your vaccination records were part of your Entrance Requirements to LMU; call ahead and find out if we have them already in your medical record (CHECK THE SHS HEALTH PORTAL).

- Measles, mumps, and rubella (MMR)
- Tetanus (Td) or the combined tetanus, diphtheria, and acellular pertussis (Tdap) vaccine
- Hepatitis A, Hepatitis B, Meningococcal meningitis
- Varicella (chickenpox)



DOES YOUR PROGRAM REQUIRE A PHYSICAL, LABS, X-RAYS, OR TESTING?

- When calling for an appointment please provide this information. If your program requires a TB test, you will follow up for the reading or results. The assessment/documentation/clearance can be completed at that follow up.
- There are study programs that require an x-ray. The LMU providers will refer you to a radiology center. Please plan well in advance to review and get your documents completed on time.



WHAT ELSE CAN STUDENT HEALTH SERVICES PROVIDE FOR MY TRAVEL?

- Certain prescription medication is necessary to prevent and/or lessen risk of infection. Ahead of your office visit decide what medication you might need for your trip. Knowing the arrival dates and departure dates helps to figure out the amount of medication you need.
- Not all travel vaccines are available in our clinic. We can refer for off-campus travel care.
- You may also need to take more amounts of your own prescription medication for your study abroad travel. LMU health care providers can help with writing those prescriptions.



OUR MESSAGE: CALL EARLY 310-338-2881

- **Be prepared and check all the program health requirements. Complete your sections and bring hard copies of the documents you need us to review and complete.**
- **KNOW WHAT TYPE OF CARE WILL BE AVAILABLE TO YOU ABROAD AND INSURANCE COVERAGE**
- **IF YOU RETURN SICK, SEEK MEDICAL CARE IN A TIMELY MANNER**