

International Travel Consultation and Immunization International travel is becoming increasingly popular, and travelers of all ages are going to exotic, culturally diverse, and even primitive areas of our planet. Tourists, students, humanitarians, business people, medical workers, missionaries, and family members with far away relatives are all contributing to this growth in international travel. What they all have in common, however, is the need to stay healthy and safe during their journey and upon return to the states.

A pre-travel consultation with a health care provider can help the traveler understand the infectious disease risks and health concerns which they may face in various regions of the world. Prevention of illness and injury is the goal of consultation. This includes looking at vaccine history and offering immunizations specific to the traveler and to the destination.

The consultant will also offer information on food and water safety, mosquito protection, how to prevent traveler's diarrhea, etc.

**Cheyenne-Laramie** County Health Department offers International Travel Consultation and immunizations by appointment. As soon as a traveler knows their itinerary, they should begin to prepare for the trip. As vaccines are not immediately effective, and some are a series, travel shots should be started at least six weeks before departure. For optimum protection, six months before travel is even better. The health and safety of international travelers is a public health issue and the nurses at **Cheyenne-Laramie** County Health Department are ready to help the adventurous prepare.

International Travel Immunization Payment Policy requires that payment be made prior to receiving vaccination and counseling. We will accept only Debit or Credit Cards, as well as cash. Any vaccine that is prior approved by insurance can be billed to your medical insurance.

CLCHD is located at 100 Central Avenue and the number to call **during business hours** to make an appointment is 307-633-4000.