

Traveler's Health



What is a traveler's health consult?



An appointment with a clinician who provides pre-travel advice, vaccines and medicines. Speaking to a travel health consultant before traveling can reduce your risk of illness.

Is a traveler's health consult required to travel internationally?



It is not required for travel. However, vaccination requirements may vary by country. For example, **some countries require vaccines for Yellow Fever** before entry.



When should I plan a consult?

It is recommended to have your consultation one month before traveling since vaccines can take up to a month for full protection. However, even last-minute consultations are helpful to get medicine and advice for your trip.

How do I get a traveler's health consult?

To book a traveler's health consult appointment contact the Oklahoma City-County or Tulsa County Health Departments, your physician or a **CDC Traveler's Health clinic**.



How do I know the health recommendations based on my destination?



Visit the **CDC Destinations Tool** to view the current recommendations for each destination.

Why are there vaccines I've never heard of on the requirements/recommendations?



Depending on where you are traveling, you may come into contact with diseases that are rare in the United States. Vaccinating against those diseases help reduce your risk of illness.

What is the difference between routine, required and recommended vaccines?

- 📍 Routine vaccines are suggested for everyone in the United States based on their age, health condition, or other risk factors. They include childhood vaccines that you get before starting school, such as measles and polio. Adult vaccines suggested every year: flu vaccine or every 10 years: tetanus booster for adults.
- 📍 Required vaccines: travelers must have in order to enter a country, based on that country's government regulations. In most circumstances, yellow fever is the only vaccine required by certain countries. Some vaccines, like yellow fever, can be recommended by CDC to protect your health, and required by a country. CDC's recommendation may differ from the country's requirements. Because country governments control vaccine decisions, vaccine requirements can change at any time.
- 📍 Recommended vaccines aren't required for entry to the country you are visiting, but may be recommended by the CDC to protect travelers from illnesses that could be travel related. These vaccines may not be part of the routine vaccination schedule. Some serious diseases, which can spread through contaminated food and water, are not usually found in the United States. Vaccines recommended for a traveler depend on several things, including age, health, and itinerary.

