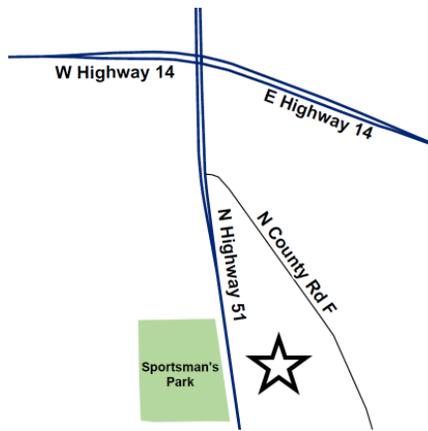


Traveling can present unique challenges to your health. Healthy travel starts here!

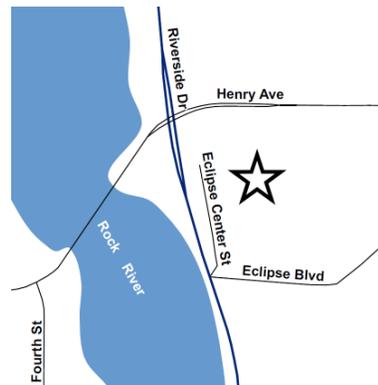
Contact the Rock County Health Department for up-to-date information and prices on vaccines recommended for your travel destination.

Remember to contact your travel health nurse as soon as you plan your trip.

**You could be risking your health without a consultation!**



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# Rock County Health Department Can Help You Travel Healthy!



**Preventing Illness and Enhancing Health by Providing Quality Services**

**Consult with a travel health nurse as soon as you plan your trip.**

Many vaccines are time sensitive and require adequate immune response before they provide complete protection.

**During your consultation you will receive:**

- The latest health and security information on your travel destination.
- Recommended and/or required immunizations for your destination.
- Prescription for anti-malarial medication.



\* Travel immunizations are provided according to the recommendations of the National Centers for Disease Control and Prevention, the World Health Organization, and the U.S. Department of State.

**Your travel health nurse can provide immunizations for preventable illnesses that are common in many areas of the world:**

- **Hepatitis A** – Two dose series  
Hepatitis A is transmitted through contaminated food and water.
- **Hepatitis B** – Three dose series  
Hepatitis B is transmitted through blood and bodily fluids.
- **Meningitis** – One dose, Destination specific  
Meningitis is transmitted through saliva, or close contact to respiratory fluids.
- **Typhoid Fever** – Destination specific  
Typhoid fever is transmitted through contaminated food and water.
- **Yellow Fever** – Destination specific  
Yellow fever is transmitted through a bite by an infected mosquito.
- **Polio** - Destination specific  
Polio is transmitted via fecal-oral route.
- **Other immunizations as needed**
- **Malaria Prescription** - Destination specific  
Malaria is transmitted through a bite by an infected mosquito.

**Travel Health Tips**

- Prevent illness by taking food and water precautions.
  - Eat food that has been cooked and is still hot.
  - Eat fruit that you have peeled.
  - Avoid food and drinks from street vendors.
  - Avoid raw foods, such as salads and uncooked vegetables.
  - Avoid unpasteurized milk and milk products, such as cheese.
  - Avoid undercooked or raw meat, fish, or shellfish.
- Have insect repellent available for day and night use if necessary.
- Have sunscreen available.
- Check your medical coverage. Consider travel insurance.



***Be Proactive, Prepared and Protected!***