

**Humboldt State University
Student Health Center
Student Travel Checklist**

If you wish to obtain services at the Student Health Center regarding travel health needs, you are required to follow the procedures below (where appropriate) and bring this list to your appointment.

1. Everyone

____ Review the CDC website regarding all areas of each country to which you will be traveling (<http://www.cdc.gov/travel/>) and know which vaccines you need as well as the type of malaria that is in the region. **Bring a copy of the CDC information with you to your appointment.**

____ Know your immunization status – bring in your immunization card.

2. For Immunizations only (excluding typhoid and rabies), you may come to the immunization clinic directly. Check times at <http://studentaffairs.humboldt.edu/health/> . Start these by May 1st or you may not have time to complete the series.

3. For an appointment to see a medical provider for a prescription for medication against malaria, altitude sickness or for a required physical exam, you must:

____ Make your appointment by May 1st or see your own doctor;

____ Review all appropriate information on the CDC website regarding your place of travel and bring your specific questions.

____ If you are with a travel program that has specific health recommendations or requirements (such as a form that needs to be filled out), make sure to bring those to the appointment with you. **(There is a charge for physical exams)**

Immunization Information:

1. **Tetanus** - Every 10 year booster – consider whooping cough, as well;
2. **Hepatitis A** – requires 4 weeks from the first immunization prior to travel;
3. **Typhoid** – oral immunization that is spread over a week and should be finished at least one week prior to travel;
4. **Yellow Fever** – immunization needs to occur at least 1 week prior to travel – this is only available at Public Health in Eureka, call 268-2108 for clinic times;
5. **Rabies** – Very expensive, must be preordered and paid before ordering – 3 doses over 28 days. This is rarely required, check this website <http://www2.ncid.cdc.gov/travel/yb/utills/ybGet.asp?section=dis&obj=rabies.htm>

Name _____ Program/Countries _____

Professor _____ Date leaving _____