

Make your trip a healthy one with common sense and . . . an ounce of prevention!

Whether you are seeking sun and sand, traveling for business or embarking on the adventure of a lifetime, you need to take extra precautions to safeguard your health.



Fees

The cost for our services will include a consultation fee plus the cost for each vaccine. You will be told the approximate amount in advance. We accept cash, check, VISA and MasterCard.

An appointment at our Public Health Clinic is preferred to allow time for your consultation and to receive your vaccinations.

For more information, call **419-774-4700** and ask to speak with a Travel Nurse Consultant.



Mansfield/Ontario/Richland County
Health Department

555 Lexington Ave. • Mansfield, OH 44907
419-774-4700 • www.richlandhealth.org

Protecting and Promoting Health with an Ounce of Prevention

Equal Opportunity Employer/Provider of Services

TRAVEL in good health



A guide to international travel
from the
**Mansfield/Ontario/
Richland County
Health Department**

Call us for Counseling, Immunizations Recommendations



Services for the international traveler are available at the Mansfield/Ontario/Richland County Health Department through our International Travel Services program.

What You Need To Know

If you are going to places beyond North America and Europe, you need to know about serious health risks—especially where sanitation and medical conditions are poor. Diseases such as tetanus, diphtheria, polio, measles, typhoid, hepatitis A, hepatitis B, yellow fever, malaria, influenza, HIV and traveler’s diarrhea pose threats to the unprotected traveler.

We Provide

- ◆ Immunizations for travel diseases
- ◆ Education to avoid discomfort and disease
- ◆ Documentation of immunizations
- ◆ Helpful answers to your questions

A Guide for Travelers

Determine Your RISK

Your risk of exposure to disease and developing an illness while traveling is determined by several factors:

- ◆ your current health
- ◆ length of time before departure
- ◆ geographical destination
- ◆ itinerary
- ◆ purpose of travel
- ◆ length of stay
- ◆ type of accommodation
- ◆ food and water sources

Be sure **ROUTINE** immunizations are up-to-date

Consider **RECOMMENDED** immunizations to reduce your risk

Be certain to receive your

REQUIRED immunizations in advance

Start Early

Plan to see our international travel specialists at least 2 - 3 months prior to traveling. It may take that long (sometimes even longer) to receive all the recommended vaccines.

Don’t travel unprotected. **PLAN AHEAD!**

Food and Water Safety

Food and waterborne diseases are the number one cause of illness in travelers. Even if you are staying and eating in “better” hotels and restaurants, the risk can be present.

Recognize the risks and know how to protect yourself from contaminated food and water.

Environmental Safety

The mosquito can be a threat to your health in most developing and third world countries. Soil can also be contaminated with parasites.

Recognize regional environmental risks and know how to protect yourself from these health threats.

Yellow Fever

Yellow Fever vaccination may be required for entry into certain countries. The Mansfield/Ontario/Richland County Health Department has authorization from the Ohio Department of Health to administer this vaccine to anyone over nine months of age requiring the yellow fever vaccine for travel.

