

IOWA STATE UNIVERSITY  
Thielen Student Health Center

# TRAVEL IMMUNIZATIONS

2647 UNION DRIVE

Corner of Sheldon & Union  
Across from State Gym

## CLINIC HOURS

MONDAY 8 am - 6 pm  
TUESDAY 8 am - 5 pm  
WEDNESDAY 9 am - 5 pm  
THURSDAY 8 am - 5 pm  
FRIDAY 8 am - 5 pm  
SATURDAY 9 am - noon

PLEASE CALL TO MAKE AN APPOINTMENT

To schedule an appointment call (515) 294-5801. When you call for an appointment, please be specific about your needs so that we can schedule you with the appropriate healthcare provider and an appropriate amount of time.

515-294-5801  
FREE MEDICAL  
ADVICE 24/7

Accredited by



ACCREDITATION ASSOCIATION  
for AMBULATORY HEALTH CARE, INC.



Thielen Student Health Center (TSHC) Travel Clinic provides specialized medical services designed to prepare international travelers. Current Iowa State University students, faculty, staff and their spouses/partners may be seen based on availability.

## VISIT US BEFORE YOU GO!

1. Discuss health/safety risks based on travel plans.
2. Review required and recommended immunizations.
3. Discuss if prophylactic medications are right for you.
4. Learn strategies to treat illnesses that travelers experience.



## WHAT IMMUNIZATIONS DO I NEED?

Our travel clinic staff will give you customized information for each country you plan to visit. The information is updated daily and based on the Center for Disease Control and Prevention's recommendations for travel. American Embassy advisories regarding travel risks are also included.

## WHEN TO MAKE AN APPOINTMENT?

Plan ahead! Most immunizations need at least 6 weeks prior to travel to complete the series. Emergency visits may be accommodated.

To plan for your visit, we require you to complete an international traveler questionnaire. You can access the form on our website at [CycloneHealth.org/Travel](http://CycloneHealth.org/Travel) or by picking up a copy at the health center.

## WHAT TO EXPECT

*At your appointment you will review:*

- Past medical history and current medications.
- Required/recommended vaccinations based on travel plans. These may include influenza, hepatitis A, hepatitis B, yellow fever, typhoid, tetanus, diphtheria and pertussis. Some immunizations require a series of two or three injections to achieve adequate immunity before travel.

- Customized health and safety recommendations for each country you plan to visit.
- Evaluation of your risk for dengue, zika, Japanese encephalitis or rabies.
- Review risk of HIV infection and tuberculosis in countries you'll be visiting.

*You will also receive advice on:*

- How to protect yourself from insect-borne diseases such as malaria.
- How to prevent/treat traveler's diarrhea.
- General water treatment principles.
- Therapy techniques for motion sickness.
- Precautions for special healthcare needs, such as pregnancy, to be followed.

## WHAT SHOULD I DO BEFORE I LEAVE ON MY TRIP?

1. Purchase an emergency first aid kit through the pharmacy at TSHC.
2. Make copies of insurance (medical, dental, pharmacy) cards.
3. Research locations of hospitals and clinics where you plan to travel.
4. Research medical evacuation and out-of-country insurance coverage. [www.studyabroad.iastate.edu](http://www.studyabroad.iastate.edu)
5. Check the Centers for Disease Control and Prevention website prior to departure for travel updates. [www.cdc.gov/travel](http://www.cdc.gov/travel)

## WHAT DO I DO WHEN I GET BACK FROM MY TRIP?

Consult your doctor if you have any health concerns related to your travel.



### NEED A GROUP PRESENTATION ON TRAVEL?

We can help you arrange group lectures on international travel by calling (515) 294-5801.