

## Immunization Program

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If you are planning to travel out of the country, make sure your immunization needs are assessed and your vaccinations completed in plenty of time to protect you. Most vaccines build immunity in approximately one week to ten days. However, immunizing against some diseases requires multiple vaccinations and may take six months or more to complete. Be sure to find out which vaccines you will need as soon as you know your travel plans.



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# Planning a Trip Abroad?



Remember that  
**vaccine immunity**  
may be the most  
important thing you  
take with you!

# Travel Immunizations



**Vaccine needs** vary considerably from country to country but the best place to start is with the recommended vaccine schedules for children and adults.

**In Utah**, some vaccinations are required for school entry. However, most of the vaccines that are routinely administered in childhood require periodic booster doses throughout life to maintain an effective level of immunity. Adults often neglect to keep up the recommended schedule of booster vaccinations, particularly if the risk of infection is low. Additionally, some adults have never been vaccinated at all.

**It is important** to be aware that diseases such as diphtheria, measles and polio, which no longer occur frequently in the U.S., may be present in countries visited by travelers. Pretravel precautions should include booster doses of routine vaccines if the regular schedule has not been followed, or a full course of primary immunization for people who have never been vaccinated.

**Additional vaccines** are advised on the basis of a travel risk assessment for the individual traveler. In deciding which vaccines are appropriate, the following factors should be considered for each vaccine:

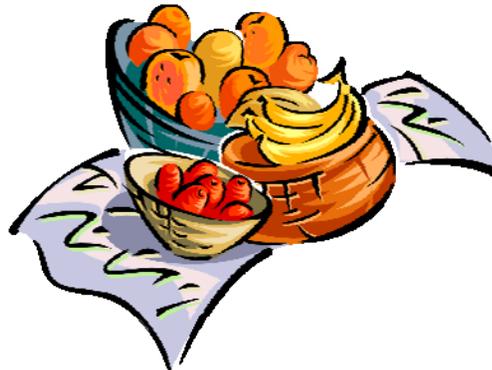
- risk of exposure to the disease
- age, health status, vaccination history
- special risk factors
- reactions to previous vaccine doses, allergies
- risk of infecting others
- cost

**Mandatory vaccination**, as authorized by the International Health Regulations, now concerns only yellow fever. Yellow fever vaccination is carried out for two different reasons:

- (1) to protect the **individual** in areas where there is a risk of yellow fever infection, and
- (2) to protect vulnerable **countries** from importation of the yellow fever virus.

Travelers should therefore be vaccinated if they visit a country where there is a risk of exposure to yellow fever. They **must** be vaccinated if they visit a country that requires yellow fever vaccination as a condition of entry: this condition applies to all travelers who arrive from (including airport transit) a yellow fever endemic country.

**Travelers** should be provided with a written record of all vaccines administered (patient-retained record), preferably using the international vaccination certificate (which is required in the case of yellow fever vaccination).



Category	Vaccine
1. <b>Routine</b> vaccination	Diphtheria/tetanus/pertussis (DTaP, Tdap, DT or Td) Hepatitis B (HBV) Haemophilus influenzae type b (HIB) Human papillomavirus (HPV) Measles, Mumps, Rubella (MMR) Poliomyelitis (IPV) Pneumococcal conjugate (PCV4) Rotavirus Varicella Zoster
2. <b>Selective</b> vaccination determined by destination and risk factors	Influenza Hepatitis A (HAV) Japanese encephalitis Malaria (pills prescribed) Meningococcal meningitis Pneumococcal (PPV23) Rabies Tick-borne encephalitis Tuberculosis (BCG) Typhoid Yellow fever (for individual protection)
3. <b>Mandatory</b> vaccination	Yellow fever (for protection of vulnerable countries) Meningococcal meningitis (for Hajj, Umra)

**To find out** which immunizations are needed for the region where you will be traveling, visit a travel health clinic or check out the CDC Travel website at: <http://wwwnc.cdc.gov/travel>. You will find a wealth of other travel information on this website as well as food and water recommendations, disease outbreak areas, recommended precautions and much more. It's a great place to start, when planning a trip abroad.

Routine adult and childhood vaccine recommendations, required shots for LDS missionaries, **a list of travel clinics throughout the state** and other valuable travel information can be accessed through the Utah Immunization Program website: <http://www.immunize-utah.org>