

Immunizations: Your Best Shot against Infectious Diseases



Polio, yellow fever, cholera, malaria, and typhoid are not typical problems in the United States and most developed countries. But outbreaks are common in certain rural or undeveloped parts of the world.

Here's what to do if you plan to travel outside the United States.

- Be sure you've been immunized against diphtheria, pertussis (whooping cough), tetanus, polio, measles, rubella, and mumps. Most people are routinely immunized against these diseases in childhood. You should have a booster shot for tetanus every ten years, however.
- Ask your doctor if he or she recommends medicine to prevent malaria or immunizations against influenza, pneumonia, or hepatitis.
- Contact your doctor or local health department to determine if you need to receive additional immunizations for your trip. Vaccination requirements for specific countries are also listed in the booklet, *Health Information for International Travel—The Yellow Book*, available from the Centers for Disease Control and Prevention (CDC).

For information, call the CDC Travelers' Information Line at 1.800.CDC.INFO (232.4636). Or access www.cdc.gov/travel on the Internet and select "Travelers' Health." You can find out what immunizations are advised for the places you are planning to go to. You can also find out about specific notices and outbreak advisories.

Most immunizations are not required, but are recommended to protect the health of the traveler. Under the International Health Regulations adapted by the World Health Organization (WHO), a country may, under certain conditions, require an International Certificate of Vaccination against yellow fever from international travelers. A copy of the International Certificate of Vaccination, CDC 731 (formerly PHS-731), may be purchased from the U.S. Government Printing Office, Washington, DC 20402, <http://bookstore.gpo.gov>, 1.866.512.1800.