**Health & Safety Information for Travelers**

<http://travel.state.gov>

**Preparing for Your Mission Trip**

**Before visiting \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ , you may need to get vaccinations and medications for vaccine-preventable diseases and other diseases you might be at risk for at your destination:** (Note: Your doctor or health-care provider will determine what you will need, depending on factors such as your health and immunization history, areas of the country you will be visiting, and planned activities.)

To have the most benefit, see a health-care provider at least 4–6 weeks before your trip to allow time for your vaccines to take effect and to start taking medicine to prevent malaria, if you need it.

Even if you have less than 4 weeks before you leave, you should still see a health-care provider for needed vaccines, anti-malaria drugs and other medications and information about how to protect yourself from illness and injury while traveling.

CDC recommends that you see a health-care provider who specializes in Travel Medicine. [Find a travel medicine clinic](http://wwwn.cdc.gov/travel/page/find-clinic.htm) near you. If you have a medical condition, you should also share your travel plans with any doctors you are currently seeing for other medical reasons.

If your travel plans will take you to more than one country during a single trip, be sure to let your health-care provider know so that you can receive the appropriate vaccinations and information for all of your destinations. Long-term travelers, such as those who plan to work or study abroad, may also need additional vaccinations as required by their employer or school.

**Be sure your routine vaccinations are up-to-date**. **Check the links below to see which vaccinations adults and children should get.**

**Routine vaccines**, as they are often called, such as for influenza, chickenpox (or varicella), polio, measles/mumps/rubella (MMR), and diphtheria/pertussis/tetanus (DPT) are given at all stages of life; see the [childhood and adolescent immunization schedule](http://www.cdc.gov/vaccines/recs/schedules/child-schedule.htm) and [routine adult immunization schedule](http://www.cdc.gov/vaccines/recs/schedules/adult-schedule.htm).

Routine vaccines are recommended even if you do not travel. Although childhood diseases, such as measles, rarely occur in the United States, they are still common in many parts of the world. A traveler who is not vaccinated would be at risk for infection.

**I hereby attest that I have read the above information. I understand that it is our family’s responsibility to make a decision based on this information and the advice of our doctor or health care-provider.**

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