



*See the World, But See Us First*

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Whether you are going to an exotic locale for spring break or studying abroad for a semester, Bryant Student Health Services will help prepare you for your trip. Travel health services are available to students, faculty, and staff.

The Travel Health Service at Bryant Student Health Center provides information from the CDC (Centers for Disease Control and Prevention) as well as immunizations and travel consultations for international travelers. Our goal is to promote safe, healthy travel through education and administration of preventive immunizations and medications.

Please read the following information before scheduling a visit. Contact the Bryant Student Health Center at 620-235-4452 if you have any questions.

## Travel Consultations

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- Schedule travel health consultations 6 - 8 weeks before your trip. You may schedule online or call 620-235-4452 for instructions.
- Travel health consultations are by appointment only. You must fill out the on-line questionnaire completely to include immunization history 24 hrs before your visit or you may need an additional appointment.
- You must bring your immunization records you used to enter your immunization history online with you to the appointment or you may need an additional appointment. For information on how to find your immunizations, check [Vaccination Records: Finding, Interpreting, and Recording](#) on the CDC website.
- You must bring any forms to be completed for non-PSU related travel with you to your appointment or you may need an additional appointment.
- Please allow 30 - 60 minutes for your initial visit to discuss travel and begin any recommended or required immunizations.
- Become familiar with CDC recommendations for your itinerary before your travel health consultation at <http://www.cdc.gov/travel>
- Usually two different immunizations can be given per visit - if you need more than two another appointment will be arranged (at no cost for the appointment - there are charges for immunizations).
- There is a fee for the travel health consultation which will be billed to your insurance and/or student health fee.



# Pittsburg State University

## Student Life

## Student Health Services

## Travel Health

Immunizations and medications are an additional charge. Your insurance may not cover these charges. It is your responsibility to check with your insurance for coverage. Some immunizations may require prepayment.

- **If you fail to keep your appointment or do not cancel within 24 hrs there is a \$15 rebooking charge that will automatically be charged to your account. If you do not complete the online form prior to your appointment (ideally 24 hrs prior to health visit to allow preparation) your appointment will require two visits and two charges. If you do not bring your immunizations records with you to your initial visit your appointment will require two visits (certain exceptions may be made at the discretion of the provider) and two charges. If you do not bring non-PSU related travel forms (that need to be completed for your program) with you to your initial visit your appointment will require two visits and two charges.**

**Please contact us at 620-235-4452 if you have any questions regarding these charges prior to your visit.**

## Travel Health Service

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- Immunizations are recommended based on your travel destinations and planned activities
- There is a charge for travel immunizations and medications
- The following immunizations may be recommended or required for international travel:
  - **Available at PSU:**
    - [Tdap - Adacel \(Tetanus, Diphtheria, Pertussis\)/ Td - Decavac \(Tetanus, Diphtheria\)](#)
    - [Hepatitis A](#)
    - [Hepatitis B](#)
    - Twin Rix (Hepatitis A/B combination vaccine)
    - [Typhoid \(Oral or IM\)](#)
    - [Influenza \(seasonal availability\)](#)
    - [Meningitis](#)
    - [Rabies](#)
    - [MMR - Measles, Mumps, Rubella](#)
    - [IPV - Adult Polio Booster](#)
    - TB skin testing - pre-departure and/or 3 months after return
  - **Available at Community Health (620-231-9837) or Crawford County Health Department (620-231-5411) by schedule only.**
    - [Varicella - Chicken Pox](#)
    - [Pneumococcal Vaccine](#)



# Pittsburg State University

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- Prescriptions for medication to prevent malaria and treat traveler's diarrhea are provided and may be filled at our pharmacy or a pharmacy of your choice.
- Prescriptions for medications to prevent or treat altitude sickness are provided and may be filled at our pharmacy or a pharmacy of your choice.
- A travel letter listing medications and medical equipment will be provided upon request. Contact your airline for any new rules about medication and medical equipment.

## Travel Internet Sites -

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*Recommended sites to help prepare you for international travel*

- [The Centers for Disease Control and Prevention \(CDC\)](#) - The CDC is recognized as the lead federal agency for protecting your health and safety both at home and abroad.
- [United States Department of State](#) - The State Department has the latest travel warnings and how to get a visa and/or a passport.

## Pre-travel Checklist

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*START EARLY...preferably 2 - 3 months before your travel to prepare for your trip. Use the following checklist:*

- Have an eye exam if you wear contact lenses or glasses.
- Before you leave, have a dental exam and your teeth cleaned.
- Medic-Alert bracelets are recommended if you have a drug or food allergy and/or a chronic health condition that could present as a medical emergency.
- Check your health insurance for coverage during travel - it is important to have both medical evacuation insurance and health insurance.
- **PLAN YOUR ITINERARY CAREFULLY - STUDY CDC RECOMMENDATIONS** - <http://cdc.gov> prior to having travel health consultation
- Schedule a travel consultation 6 - 8 weeks prior to travel especially for Asia, Africa, Central and South America.

## On Your Trip Plan to take:

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- Copies of prescriptions for contact lenses or glasses
- Copies of identification - passport, birth certificate, credit card number in case of loss
- Health insurance forms (you may need them)
- Travel letter stating need for medications (if required)



## Medical Supplies:

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- Prescription medication in original containers
- Birth control pills or other methods of contraception - enough for your entire stay
- Safer sex supplies - condoms, lubricants
- Over the counter medications such as pain relievers/fever control - ibuprofen (Advil) and acetaminophen (Tylenol), anti-diarrheal medications - loperamide (Imodium) or pepto-bismol, stomach acid reducers - like Pepcid or Tums.
- Personal items: contact lens solutions; sunscreen; tampons; bandages

## Post Travel Needs

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- If you are taking anti-malaria medication, continue the medication for the specified time. Depending on the medication you are taking, this may include up to 4 weeks of therapy after leaving a malaria endemic area.
- You should make a post travel clinic appointment: If you were told to have a TB skin test 3 months after you returned and/or
- You have spent 3 months or more in rural areas of the developing world and/or
- You were told you had or were suspected of having malaria and/or
- You were told to have schistosomiasis screening or you think you had an exposure to fresh water in a high risk area and/or
- You were treated or hospitalized for any medical illness during your travel abroad.
- Travelers may return to the U.S. with symptoms of travel-related illness, or symptoms of illness may present weeks or months later. Travelers with symptoms of illness including fever, diarrhea, abdominal pain, cough and skin rash should schedule a clinic appointment for evaluation.