



Traveling Abroad? Protect Yourself!

When traveling, protect the health of you and your family with necessary immunizations (also called vaccinations). A **travel clinic** provides travel counseling for specific destinations, vaccination advice and delivery, and immunization certificates. It is recommended that you see a travel clinic or your primary care provider 4 to 6 weeks before travel.

What Types of Immunizations Do I Need?

Immunizations may be **required**[†] for travel to certain countries. Official proof of vaccination may also be **required** to re-enter the United States from an endemic area or risk country.

Yellow fever vaccination is **required** for certain countries in sub-Saharan Africa and tropical South America. To prevent importation and transmission, a number of countries require a certificate from travelers arriving from infected areas or from countries with infected areas, even if only in transit. Such requirements may be strictly enforced. A yellow fever vaccination must be given at an official yellow fever vaccination center and the certificate of vaccination must be validated by the center that administers the vaccine.

Certain vaccines are **recommended** to protect travelers from illnesses present in various international destinations, such as Hepatitis A & B, Typhoid, and Influenza[†].

Where Can I Get Vaccinations and Information on Preventing Health Risks?

Cliffside Park, EmergiMed^{**}, 201-945-6500, www.emergimed.com

Emerson, Old Hook Medical Associates^{**}, 201-666-3900

Englewood, Leonia Medical Associates^{**}, 201-568-3335

Fort Lee, Plaza West Diagnostic^{**}, 201-585-8105

Hackensack, Maxim Health Services^{**}, 866-844-9257

Hackensack, TravelCare^{**}, 201-996-2031

Hackensack, Travel Kids^{*}, Pediatric Infectious Disease Clinic, Hackensack University Medical Center, 201-996-5308

Hillsdale, Kedar A. Gokhale MD^{**}, 201-666-6767, <http://www.docgokhale.com>

Mahwah, Mahwah Medical^{*}, 201-529-0033, <http://www.mahwahmedical.com>

Paramus, Maxim Health Services^{**}, 866-844-9257

Paramus, Travel Health Solutions^{**}, 201-444-3711, www.travelhealthsolutions.com

Paramus, The Enlightened Traveler^{**}, Valley Health Medical Group, 201-447-8029, <http://www.thevalleyhospital.org>

Park Ridge, The Enlightened Traveler^{**}, Valley Health Medical Group, 201-930-1700

Riverdale, The Enlightened Traveler^{**}, Valley Health Medical Group, 973-835-7290

Teaneck, Occupational Health Services^{**}, 201-833-7200

Waldwick, Beverly Dunn, MD^{*}, 201-445-0033

(*) = yellow fever vaccination clinic

(**) = travel **and** yellow fever vaccination clinic



For more information about international travel, visit the Centers for Disease Control and Prevention website at www.cdc.gov/travel or call the CDC's Travelers' Health Information Line at 877-FYI-TRIP or the Bergen County Department of Health Services at 201-634-2647.

[†] as according to International Health Regulations as of January 2006