REMEMBER IMMUNIZATIONS

Get the correct shots before your travel so you enjoy your time out of the States. Start 2-6 months before your trip by requesting a travel appointment at the MU Student Health Center.

Fill out the Pre-Travel worksheet @ http://bit.ly/MUHealthyTravel

☐ Where you are traveling within a country, what other countries you might visit and your departure/return dates.

☐ The length of your trip.

☐ What types of activities you might do.

☐ Other personal matters such as your age, medical and vaccine history and current medical state.

Email the worksheet back to us and we’ll call to schedule an appointment with you.
What happens abroad... doesn't always stay abroad

Be safe:

- Remember, if you drink you can’t give sexual consent.
- Always bring a friend.
- Have a plan before going out at the night.
- Trust yourself. If something feels wrong, it probably is.
- Always use protection.
PACK SMART
HTTP://BIT.LY/MUHEALTHYTRAVEL

SUNSCREEN
PEPTO-BISMOL AND ANTIDIARRHEAL
PAIN RELIEVER
SPARE GLASSES AND CONTACTS
CONDOMS/ BIRTH CONTROL
Cough Drops
FIRST-AID SUPPLIES
PRESCRIPTIONS,
INHALERS, EPI-PEN

- Antibiotic or antifungal ointments
- Thermometer
- Tweezers
- Bandages
- Pain reliever
- Insect repellent
- Antihistamine

MU Student Health Center
“Just for the health of it” • 573-882-7481 • studenthealth.missouri.edu
WHERE IN THE WORLD ARE YOU GOING?

CHECK CDC.GOV/TRAVEL FOR RECOMMENDATIONS BASED ON COUNTRY

FOR EXAMPLE:
HOW TO PREPARE FOR HIGH RISK OF MALARIA

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FOOD SAFETY

- Drink water out of new, sealed bottles only.
- It’s best to avoid food products from street vendors.
- Make sure hot foods are kept hot.
- Fruits & veggies you peel yourself are safest.
- Careful - beer and wine in other countries may contain more alcohol than in the U.S.

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