



Travel Visit

Going abroad?

Protect yourself from bringing home more than you bargained for!



Checklist

Before you depart:

Have you scheduled a visit with a travel health provider?

**Are you aware which immunizations you need?
How about those traveling with you?**

Have you had your recommended routine immunizations?

Immunizations prepare your body's immune system to fight off bacteria or viruses that you may be exposed to while traveling abroad.



Travel Vaccines

- Yellow Fever
- Meningitis
- Japanese Encephalitis
- Typhoid
- Rabies
- Polio
- Hepatitis A
- Hepatitis B

Routine Vaccines

- Flu (Influenza)
- Shingles (Herpes Zoster)
- Pneumonia (Pneumococcal)
- Td (Tetanus, Diphtheria)
- Tdap (Whooping Cough)
- Hepatitis A
- Hepatitis B
- MMR (Measles, Mumps, Rubella)

All consultations are \$50



**Make your appointment at Bremo Pharmacy today! (804) 288-8361
2024 Staples Mill Road, Richmond, VA 23230**

While routine immunizations are key to protecting the body from day-to-day exposure, they do not protect you from foreign bacteria or viruses while traveling.

Immunization recommendations depend on many factors and are specific to each person traveling.

Immunizations take time to work, so please make an appointment **4-6 weeks** before you plan to depart.



Your Travel Health Pharmacist Will:

Answer any health related travel questions you may have

Plan the appropriate immunization schedule

Provide the immunizations when you are ready

Fill out your immunization travel documents

Discuss with you the risks specific to you and your trip and make recommendations

Review any current or chronic medical conditions, medications, allergies, and immunization history

Discuss which medications to take and how to travel with them

Discuss DVT prevention and compression hose

Review your travel plans:

- **activities/excursions**
- **places you will visit and in what order**
- **season of travel**
- **length of trip**



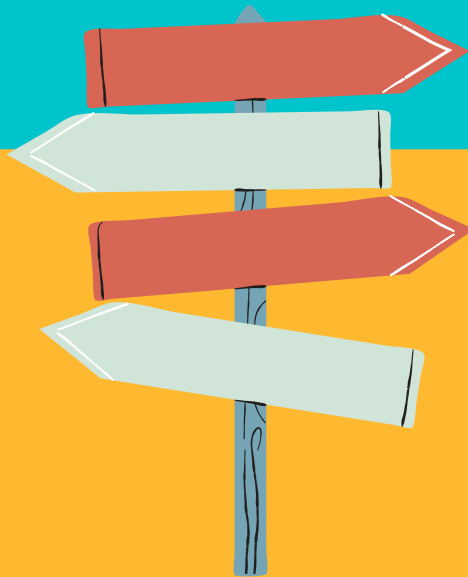
Immunizations are just one element to a safer trip

Remember to fill medications in advance and have enough for the whole trip (with extra).

Beware of counterfeit drugs. Take what you may need with you, and carry it on the plane in case luggage is lost.

Know the food and water precautions for the area, the signs of traveler's diarrhea, and the treatment for it.

Consider travel health insurance: Injuries are the number one cause of preventable death among travelers.



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