

## Travel Health Consult FAQs

### WHO should receive a travel health consult?

A travel health consultation is recommended for any Swarthmore student planning on traveling to another country and is offered free of charge by the Student Health and Wellness Center. Please note that if you are traveling abroad on an activity that is organized and/or sponsored by the College (usually with funding) you will be **REQUIRED** to have a travel health consult.

### WHAT is a travel health consult?

A travel health consultation prepares travelers for the health concerns that might arise during their trips. A nurse will review your health history and itinerary, and provide you with up-to-date information about the health conditions at your destination and pre-travel advice on immunization and medication requirements and recommendations. The nurse will also review destination specific travel tips and cultural considerations.

### WHEN should I get a travel health consult?

Ideally travel health consult appointments should be made at least six weeks in advance of travel. Schedule early since many times follow up visits and vaccine appointments are necessary. Most vaccines require several weeks to take effect, and some can't be given at the same time. So, it's best to plan your first visit early.

### WHERE can I get a travel health consult?

The Student Health & Wellness Center at Swarthmore College provides travel health consults. Please phone 610-328-8058 to schedule an appointment.

Other local options are:

Penn Travel Medicine Phone 215-615-2240

Crozer Travel Medicine Phone 610-619-8500

### WHY should I get a travel health consult?

When you travel, staying healthy is a top priority. A travel health consult is necessary for the Off-Campus Study Office to approve your travel. With proper planning and immunization, most travel-related illnesses can be prevented. **WITHOUT COMPLETION OF A TRAVEL HEALTH CONSULT YOU WILL NOT BE APPROVED BY THE OFF-CAMPUS STUDY OFFICE TO TRAVEL.**

HOW do I prepare for a travel health consult?

Bring the following to your travel health consult:

1. copy of your detailed itinerary with length of stay, specific destinations, and excursions
2. up-to-date copy of all life-time vaccinations/immunizations/shots
3. record of current medications with names, doses, and prescriber

Please note that outstanding college vaccine requirements, according to health records must be complete or in the process of completion prior to travel abroad.

HOW do I get the recommended vaccines or medications?

A travel health nurse will help to navigate the best location to obtain vaccines. Some vaccines can be given at the time of your visit. You may be referred to an off-site clinic to receive some of the vaccines. Prescriptions can be given to you or sent to a pharmacy.

WHAT about insurance?

Does insurance cover the cost of vaccines?

Most insurance companies will cover childhood vaccines and routine boosters. Travel specific vaccines are not typically covered. You can call your insurance company to find out specific details. These vaccines can be quite expensive and often require a series of injections. (ie. the rabies series costs nearly \$1000)

Will my insurance cover me abroad?

Many insurance companies provide coverage abroad. It is important to call in advance to verify the degree of coverage and supplement as needed, as well as how your insurance works while you are traveling abroad. Discuss further insurance concerns with the Off-Campus Study Office.