

Health Vigilance and Immunizations

(Student Guide to Attaining Immunizations and Being Aware of Health Protection Measures)

It is very important to be properly protected against regional viruses wherever you are going. It could completely spoil your big opportunity to study abroad and just ruin your traveling experience if you become painfully ill.

Many serious and potentially life threatening situations can be avoided by taking the proper precautions. Some important considerations include getting the necessary shots, keeping good hygiene awareness, protecting yourself from insects, making sure your food is clean and cooked, drinking pure or purified water (don't use ice you are not confident in).

Hepatitis A immunization is required for most countries. Cholera, typhoid, and malaria are examples of vaccines that may be required.

If you take prescription medications be sure to take plenty with you along with a prescription sheet in the case you need to fill it again while you are there.

Steps to attain appropriate immunizations:

- Check the CDC Website for your specific region. <http://www.cdc.gov/travel/>
- Make sure you are current on all of your general immunizations (This is probably complete having attended school and here at Huntington. If you aren't sure, contact the nurses' office; they should have a copy of your immunizations on file if you supplied it with your HC entrance health report.)
- You can get most of your immunizations from the nurse's office on campus (Wright basement). She can give TB tests, Tetanus shots, Hepatitis A, Hepatitis B, and Meningitis immunizations.

(These do cost some money, but they are cheaper than you will find at a doctor's office.)

TB tests and Tetanus shots are free. Prices on other shots vary each year, but for examples:

Hep A [2 shot series] - \$79 each. Hep B [3 shot series] - \$19 each. Men [1 shot] - \$60.

- If you need other immunizations:
 - Contact your physician at home who is familiar with your immunization history. He/ she can fill out a prescription for you. They will probably not charge you; however, some may charge a (hopefully) small service fee.
 - That prescription can be filled at the local drug store. (CVC etc.)
 - Bring the filled prescription to the school nurse who will gladly administer it for you.

For more detailed information on health risks, immunizations, precautions, things to take that specifically relate to the region you will be traveling to, please visit the CDC website listed above. It is the most accurate and up to date source.