Sonoma State University Student Health Center

Checklist for
Students Traveling Outside of the United States

1. _____ Check the government website, www.cdc.gov for health recommendations for all the countries you will be visiting. (On the website, choose “Traveler’s Health”, then “Destinations”, then the country(s) you will be visiting.)

2. _____ If, from reading the CDC information, it is recommended that you receive vaccinations for travel, make an appointment at the Student Health Center (SHC). Gather all of your previous immunization records and bring them with you to your travel consultation appointment.

3. _____ In addition to previous immunization records, bring with you the completed Information Sheet for Travel Consultation (available on-line or at the SHC), and the print out from the CDC website, including malaria prevention recommendations for the countries you’re traveling to.

There is also helpful information on the following website:  http://travel.state.gov