

Travel Visit Instructions for SSU Students

Students planning international travel should begin at least six weeks prior to departure to follow all of the steps below!

1. Locate & make copies of records of all of your past immunizations.
2. Check these records to make sure you're up to date on routine immunizations such as flu, tetanus, measles, etc. described at <http://wwwnc.cdc.gov/travel/diseases/routine>.
3. If you're not up to date on routine immunizations, arrange to get these vaccines at your regular healthcare provider, a pharmacy, or the Student Health Center. You may make an appointment with a Registered Nurse at the Student Health Center for these vaccines – which can be provided for a nominal fee.
4. Download & read CDC information for your destination(s) at www.cdc.gov/travel/.
5. Download & read Travel Survival, Food & Water Safety, Bug Bites, etc. at wwwnc.cdc.gov/travel/page/resources-for-travelers.
6. Go to www.sonoma.edu/shc/services/travel_medicine.html & download the Student Health Center Travel Consultation Visit form. Fill out the patient sections completely & sign & date the form.
7. **When you have completed steps 1-5**
 - a. Turn in a copy of your immunization records, completed SSU SHC *Travel Visit Form* & a downloaded copy of the CDC recommendations for your destination to the Student Health Center Reception Desk.
 - b. **Only after you have read & turned in these materials, will you be able to schedule a SHC travel consultation appointment with a Health Center Nurse Practitioner.**

Nominal fees for immunizations &/or medications are due at the time of service to cover the Student Health Center's acquisition costs for the specific vaccines &/or medications we provide to you.

SSU Student Health Center – 707 664-2921