

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>