



Tips & Scheduling Guidelines for Travel-Related Appointment(s) at the University Health Center

- It is ideal for you to have your travel consultation the term **prior** to your departure so that the information you receive is timely and relevant. The travel packet which is prepared for a specific itinerary addresses health, political, and other pertinent travel advisories.
- Spring term is our busiest time of the year since we see students that are leaving for Summer and Fall programs. Travel consultations may end up being scheduled out a **month or more**.
- Since spring term is so busy, if you are going on a **summer or fall European program**, you can schedule a travel consultation during **winter term**.
- If necessary, your Travel Clinic Certificates can be turned in **later** than the rest of your packet. We will sign the Travel Certificate form at your travel consultation.
- When you come to schedule a travel consultation you will be asked to complete a travel worksheet. If preferred, you may download the form from a link on University Health Center website at healthcenter.uoregon.edu. Once completed you may bring or fax your form to the University Health Center. **We cannot make your appointment until we have your completed travel worksheet.**
- Afternoon appointment slots fill up more quickly than the morning ones; we typically have **early morning times** more readily available.
- There is a charge for the travel consultation; fees vary depending on your destination. In addition, there is a charge for any immunizations you receive.
- Call as soon as possible to cancel and/or reschedule any appointments; 24 hours minimum is ideal and appreciated.
- If you miss an appointment, not only is that time lost, but since it takes another appointment slot to reschedule, your appointment may be pushed out even further. **You will be charged for any missed appointment(s).**
- Some travel programs/visas necessitate a physical exam or labs that require a physician's appointment. Please **self-identify these requirements** and bring any forms/paperwork with you when you come to schedule your travel consultation appointment. It will enable us to schedule any additional appointments or order labs, if necessary.
- If you have not already, please submit a copy of your immunization records to the University Health Center. If preferred, you may bring it with you when you schedule your travel consultation or when you come for your appointment.
- For travel purposes, with the exception of yellow fever, there are no **required** immunizations. However, there are numerous **recommended** immunizations that you may want to consider. They will be discussed in detail at your travel consultation.
- Hepatitis A, Hepatitis B, Twinrix (Combined Hep A/B injection) and HPV, are a series of vaccines that are given over a 6-12 month period. These are routine immunizations that are recommended for all individuals, including travelers. They can be given at any time prior to or after the travel consultation. It is ideal to complete the series before travel, but, typically one or two doses still provide limited protection; any remaining doses can be given post travel.
- Rabies and Japanese Encephalitis vaccines are a series of immunizations which take approximately a month to complete. Depending on the risk of exposure, the type of travel, and the expense involved, you may elect to get these immunizations. Exposure risks and benefits of these vaccines are discussed in detail at the travel consultation. **However, if there is limited time until your departure and you have not been to your travel consultation, you may start the immunizations prior to your appointment.** These special considerations should be discussed with a nurse; in some instances, these vaccines may need to be ordered.
- It is helpful for you to know **prior** to your travel consultation whether you have insurance that covers the cost of the immunizations. You can call the "800" number on your insurance card to inquire.