

Dear Prospective Traveler:

The International Travel Clinic at East Carolina University is committed to ensuring that our clients receive, to the fullest extent possible, a comprehensive assessment of health risks encountered during international travel. During your visit, you will receive counseling to minimize disease risks, and we will recommend and prescribe immunizations and medications for protection against communicable diseases which you may be exposed to during your trip.

The time frame between your visit and departure will, undoubtedly, vary with the circumstances; however, a reasonable interval to provide is 6 weeks. This permits your immune system to raise antibodies against the diseases against which you have been immunized, and provides sufficient time for any additional issues that may arise to be dealt with. We will accommodate clients who have shorter time frames, but for your own well-being, you should avoid a last-minute visit.

Please be aware that most insurance providers will not cover the costs related to counseling, immunizations, and medications. While some vaccines used for everyday preventive health will be covered by your insurer, for instance tetanus and flu, those frequently recommended travel, for example hepatitis A and typhoid fever, may not be. You will be expected to pay for the costs of the visit and any immunizations you receive at the time of the visit, unless we are able to bill your insurer directly. Obtaining reimbursement for the visit from your insurer, assuming it is covered, will be your responsibility.

In order to provide you with the most efficient and economical service, we would ask you, to the fullest extent possible, provide us with:

1. A detailed itinerary, including dates of travel and countries you will be entering; this includes any airport layovers that may be in your itinerary.
2. Any specific regions you will be visiting or overnighting in, in your country of destination, and any specific activities, e.g. trekking, you may be undertaking while there.
3. A record of your immunizations, either from your primary physician, the North Carolina Immunization Registry, or any other sources. If you have a Certificate of International Certificate of Vaccination or Prophylaxis, aka "Yellow Card", you should bring this to your appointment.
4. A current list of any medications you may be on, if any.

Finally, should your plans change and you do not feel the need for our service, please call to cancel at least 24 hours beforehand.

We look forward to assisting you with your travel preparation.

Sincerely
East Carolina University International Travel Clinic

Some resources available online for travelers, which are well worth investigating, include:

CDC Traveler's Health (<http://wwwnc.cdc.gov/travel/>)

US State Department Alerts and Warnings

(<http://travel.state.gov/content/passports/en/alertswarnings.html>)

Travel Medicine Products & Information for Safe Travel (<http://www.travmed.com/>)