

These immunizations should be up-to-date:

Hepatitis A & B

MMR

(measles, mumps & rubella)

Polio

Tetanus

Diphtheria

Pertussis

These immunizations are also available:

Meningitis

HPV

(human papillomavirus)

Varicella (chickenpox)

Zostavax (shingles)



Vaccines for travel outside the USA may include:

Typhoid

Yellow Fever

Rabies

Japanese Encephalitis

"A journey of a thousand miles begins with a single step."

Confucius

Let your first steps take you to the Zanesville-Muskingum County Health

Department's Travel Clinic!



Public Health

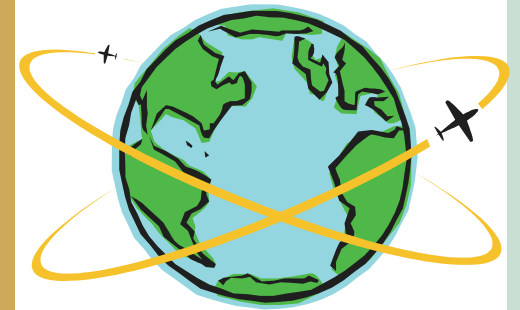
Prevent. Promote. Protect.

Zanesville-Muskingum County

Health Department
205 N. 7th Street
Zanesville, OH 43701
Phone: 740-454-9741
Fax: 740-452-5154
www.zmchd.org

An Equal Opportunity Employer

Is International Travel in Your Future?



Remember to take your personal health into account. . .

A consultation with the Zanesville-Muskingum County Travel Clinic will provide you with the information you need for a safe and healthy travel experience.

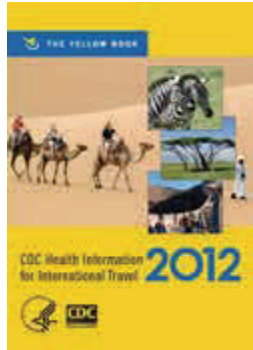


Public Health

Prevent. Promote. Protect.

Zanesville-Muskingum County

Come Visit Our Travel Clinic!



Visit our Travel Clinic to receive personalized healthcare from one of our public health nurses who has

knowledge of travel immunizations. Care is based on Centers for Disease Control & Prevention (CDC) guidelines. Your travel consultation will include discussion of food and water safety as well as disease prevention for the region you will be visiting. Call us for an appointment as soon as you make your travel plans or at least 1-2 months in advance so that the vaccines have enough time to become effective.

Travel Safely, Travel Healthy



In the excitement of preparing for your trip, don't forget to take your personal health into account. Remember that traveling to a foreign country means that your body will be forced to adapt to new environmental factors each day. Your schedule is likely to change, as well as the type of food you eat, and your body will need to adapt quickly. Our Travel Clinic has several services to help you prepare for these changes.

- ◆ Recommended immunizations including documentation to take with you
- ◆ Education to avoid discomfort and disease with helpful answers to your questions
- ◆ Prescriptions for malaria prevention & travelers' diarrhea

**We are the only authorized
Yellow Fever Vaccination Clinic
in Muskingum County**

IMPORTANT CONSIDERATIONS

Some important things to remember when traveling abroad are:



◆ Food Safety



◆ Water Safety



◆ Insect Safety

*Don't wait
until the
last minute!*



*Schedule your
appointment NOW!*

*Call 740-454-9741
and ask for the Travel
Clinic Nurse*