

# Healthy International Travel

## WHAT YOU NEED TO KNOW BEFORE YOU GO

PALOMAR  
POMERADO  
CORPORATE  
HEALTH  
SERVICES

*Every year millions of Americans travel to international destinations that are quite different from the United States. Whether your trip is for business or pleasure, it is important to stay healthy when traveling abroad since medical care may not be available or of similar standards to which you are accustomed.*

*Most vaccines require several weeks to develop protective levels after they are administered. Thus, it is best to plan international trips well in advance and seek medical consultation early to determine which vaccines and/or precautions may be necessary to keep you healthy while traveling.*

To help you enjoy your experience during your travel, please contact the expert staff of **Corporate Health Services at Palomar Pomerado Health**. We will help you plan and address the specific health concerns associated with your destination. The services we offer:

### **Travel Consultation, includes review of:**

- Travel itinerary and potential travel risks
- Medical history and medications
- Travel specific and routine immunization update
- Pertinent medications and prescriptions for: travelers' diarrhea, motion and altitude sickness, insomnia, malaria prophylaxis, etc.
- Insect repellent use
- Other travel concerns

### **Immunizations/Vaccinations Administration**

### **Travel Education Packets**

### **Traveling with Disabilities**

### **Corporate Seminars and Special Programs**

Call us to schedule your consultation and let us know your travel plans – we will be prepared to discuss the unique health risks and concerns associated with your destination.

### **FOR YOUR CONVENIENCE, WE ARE AVAILABLE AT THE FOLLOWING LOCATIONS:**

15708 Pomerado Road  
Suite 108  
Poway CA 92064  
(858) 613-4900  
Monday - Friday  
7 a.m. – 7 p.m.

120 Craven Road  
Suite 207  
San Marcos CA 92078  
(760) 510-7373  
Monday - Friday  
8 a.m. - 4:30 p.m.

