

*Helping you live  
well to learn well*

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At Cornell Health, we have the privilege of serving an amazingly diverse and internationally-mobile population of students. Over the years, we have been challenged by the needs of our community to develop expertise in the specialty of travel services. Now travelers (more than 2,000 last year) to destinations on all continents come to us seeking assessment, advice, supplies, and immunizations to help them maintain their health while they travel abroad for education, research, business, or pleasure.

## Services

Our Travel Services provide care essential for international travelers. If your plans involve world travel, be sure to take advantage of this convenient campus resource. Based on your travel itinerary and health history, we will give you comprehensive information about immunizations required for travel anywhere in the world. The booklets produced by the World Health Organization (i.e., "Yellow Booklets") are available, as is other documentation required for travel. Cornell Health's Travel Services can also provide:

- education on prevention and treatment of commonly encountered health problems in the area of the world you plan to visit (such as information pertaining to food and water precautions, mosquito-borne illness, altitude sickness, sun protection, immunizations, and other relevant concerns)
- assessment of immunization and healthcare needs based on your itinerary and personal health history.
- suggestions and supplies for assembling your personal travel-medical kit (e.g., will you need a water purifier?)
- advice on what to do in a medical emergency when language may be a problem
- recommendations about prescription medications for the prevention or treatment of travel-related illnesses or infections
- a travel folder that includes health tips as well as detailed information about the countries you might visit: current health risks, disease maps, areas of political unrest, hospital lists, embassy phone numbers, etc.
- immunizations or other protection are offered for Cholera, Hepatitis A, Hepatitis B, Influenza, Japanese Encephalitis, Malaria, Measles/Mumps/Rubella, Meningococcal, Pneumococcal, Polio, Rabies, Tetanus/Diphtheria, Typhoid, Varicella (chickenpox), and Yellow Fever

Cornell Health's Travel Services are endorsed by the Tompkins County Health Department. Our services are intended to supplement (not substitute for) care by your primary care provider.

## Plan your appointment early

Call Cornell Health at 607-255-5155 to schedule an appointment with one of our travel nurses. In order for us to serve your needs, it is essential you call *at least six weeks prior* to your departure. (Some immunizations are given in a series over a period of time.) Initial appointments include discussion and answers to your questions, as well as scheduling any injections you might need.

## Fees

Fees are charged for consultation appointments, immunizations and supplies. Please ask about current fees when you call to schedule your appointment or during the appointment itself. We will be happy to discuss them with you and help you prioritize your needs if your finances are limited. You may use a credit card, personal check, cash, or Bursar charge to pay for the visit at the time of service.

## Travel Resources

### Travel & Health Information:

- Centers for Disease Control & Prevention (CDC): [cdc.gov/travel](http://cdc.gov/travel)
- World Health Organization: [who.int/ith/en/](http://who.int/ith/en/)
- U.S. Department of State: [travel.state.gov](http://travel.state.gov)
- Travel Wise: [travelersVaccines.com](http://travelersVaccines.com) (NOTE: This is a commercial site. Cornell Health staff members appreciate its travel vaccine information; however, this should not be viewed as an official endorsement.)

### Insurance:

- [studenthealthbenefits.cornell.edu](http://studenthealthbenefits.cornell.edu)
- [worldnomads.com](http://worldnomads.com)

### Travel Assistance:

- [cuabroad.cornell.edu](http://cuabroad.cornell.edu)
- [medexglobal.com](http://medexglobal.com)
- [airambulancecard.com](http://airambulancecard.com)
- [oncallinternational.com](http://oncallinternational.com)

### Travel Registries:

- Cornell University: [travelregistry.cornell.edu](http://travelregistry.cornell.edu)
- U.S. Department of State: [step.state.gov](http://step.state.gov)

