Travel Immunizations

INDEPENDENT NURSING CARE
Completing your circle of care

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Independent Nursing Care

• Licensed Home Health Care Agency – Est. 1988
• Immunizations
  - Adult & Travel – 2006
  - Flu Shot Program – 1996
• Healthy Living – 1996
  - CPR & 1st Aid Training
  - Health Screenings
  - Juice Plus
• Supportive Staffing for Health Care
Talking Points

• Where do you refer your patients who travel internationally?

• Are there specific measures in place to identify patients who plan to travel abroad or have returned from travel?

• What advice is offered to patients on safe and healthy travel?
Travel Clinics in WNY

- Independent Nursing Care
- ECMC – Great Lakes Physician Services
- Jericho Road Family Practice
- Local DOH: Erie, Niagara, Orleans, Genesee
- Passport Health
- Travelers Health

*Insurance May Be Accepted*
Discuss Travel Plans

Have you traveled or do you plan to travel internationally within the next year?

• Pre-Travel
  – Raise Awareness
  – Encourage to see a Travel Specialist

• Post-Travel
  – Recognize Symptoms of Disease
  – Up to 1 Year
Post-Travel Signs & Symptoms

• Diseases Typically Mimic Flu Like Symptoms
  – Sudden High Fever
  – Upset Stomach
  – Fatigue
  – Skin Irritations
    ✓ Bug Bites
    ✓ Boils

• Seek Medical Attention
# Immunizations

## Routine Adult/Child Immunizations
- Tetanus
- MMR
- Flu
- Pneumonia
- Shingles
- Polio

## Travel Immunizations
- Hepatitis A
- Hepatitis B
- Typhoid
- Yellow Fever
- Japanese Encephalitis
- Rabies
Planning Ahead

• Travel Specialist – 4-6 Weeks in Advance is Ideal
• Time for Immunity to Develop
• Vaccinations Series
• Accelerated Schedules
More Than Just Vaccines!

• International Travel Can Pose Risks
• Prevent Accident, Injury and Illness
  – Motor vehicle accidents – very common
• Road Safety
• Refer to Travel Specialist
Assess & Manage Risk

Assess

Mitigate

Risk Management

Evaluate

Measure
Purpose of Travel

- Tourism
- Business
- Study Abroad
- Research & Education
- Visiting Friends & Relatives
- Eco-tourism
- Adventure
- Medical Tourism
- Missionary Work
- Disaster Response
- Mass Gatherings
- Military Deployment
- Adoption
Pre-Travel Consultation

- Catered to the Individual
- Reason for Travel
- Timing
- Specific Itinerary
- Weather
- Activities While Traveling
- Immunization History
- Health Conditions
Health Conditions

• Pre-existing Medical Conditions
  - Hypertension, Diabetes, Asthma
• Allergies
• Immunosuppressed
• Special Considerations
• Pregnant Women
• Varying Ages
  - Infant -> Centenarians
Disease Prevention

- Hand Washing – Before Meals, After Bathroom
- Get Immunized!
- Avoid Risky Foods
- Bottled Water
- Boil it, Cook it, Peel it
- Do Not Share Personal Items
Immunization History

• Opportunity to vaccinate
  - Routine vaccinations
  - Travel Immunizations

• NYSIIS – Very helpful when completed
  - Adults
  - Children
Recommended vs. Required

• Recommended vaccines
  – To help keep travelers healthy

• Requirements
  – To prevent specific disease from entering the country
  – Being spread within that county
Typhoid

- Serious Disease Caused by Bacteria Called Salmonella Typhi
- Contracted through Contaminated Water, Food, Ice, Fruits, Vegetables, etc.
- Strikes About 21 Million Per Year.
Yellow Fever Vaccine

- Must be Given at a Certified Vaccination Center
- Yellow Fever Vaccination is Valid 10 Days After Administration
- Must Carry an International Certificate of Vaccination
International Certificate of Vaccination
Hajj – Saudi Arabia

• Largest Mass Gathering in the World
• Required: Meningitis Quad
  – Needed prior to obtaining Visa to travel
• Recommended: Hep A, Hep B, Typhoid, Polio
• Other Considerations: MERS
  – Originally identified in 2012
International Health Regulations

• Governed by World Health Organization
• Purpose is to ensure security against Int’l spread of disease without interfering with travel and commerce
• Public Health Emergency of International Concern (PHEIC)
• US is responsible to inform the public about health requirements to enter other countries
  – Managed by CDC
Reemerging/Emerging Diseases

- Cholera, Yellow Fever, Plague, Smallpox
- Ebola
- SARS
- ZIKA
- Polio
- Chemical/Radiological Agents
Travel Notices

- **Warning Level 3**, Avoid Nonessential Travel
- **Alert Level 2**, Practice Enhanced Precautions
- **Watch Level 1**, Practice Usual Precautions
Zika

- 1947- First Discovered In Uganda
- Symptoms tend to be mild
- Risk – Pregnancy
- Aedes Mosquito - daytime biter
  - Dengue, Chikungunya
  - Yellow Fever
- Focus on Prevention
Spread by infected mosquitoes
Mosquito Borne Illness

- Malaria
- Yellow Fever and Japanese Encephalitis
- Dengue, Zika, Chikungunya, and Many Others
Preventative Measures Against Bug Bites

- Anti malarial medications
- Insect Repellant (Deet – 50%)
- Dusk to Dawn – peak biting time
- Wear lightweight clothing
- Spray over exposed skin and clothing
- Staying in air conditioned rooms decreased the risk.
  - Consider bed netting
- Sunscreen
Altitude Sickness
Cusco, Peru
How to Refer a Client to Independent Nursing Care

• Call our Office – 716-655-8776
  – Monday through Friday 8:00am-4:00pm
  – Evenings & Weekends by Appointment

• For More Information
  – Visit our Website
  – www.INCnursing.com
Resources

• *CDC Health Information for International Travel*. 2016
• Centers for Disease Control and Prevention
• *US Department of State/Bureau of Consular Affairs*
  [https://travel.state.gov/](https://travel.state.gov/)
• World Health Organization
  [www.who.int](http://www.who.int)