

Travel & Study Abroad Services

Travel Services at the Mary S. Shook Student Health Service provide the students of ASU with appropriate travel information, immunizations and medications in preparation for international travel.

General Information

Guidance for Travel advice is provided by Travax® which is our primary resource based on WHO (World Health Organization), CDC (Centers for Disease Control), and US State Department guidance as well as the Australia and Canadian equivalents. Travax® is a detailed educational and regularly updated resource to provide travelers with the latest recommendations regarding possible exposure to illnesses. General traveler's information will be provided as well for enhanced personal well-being and safety.

Ideally, an appointment should be made a minimum of six weeks prior to your trip for maximum health protection regarding the necessary vaccines and medication.

Staff

The Travel Service Nurses are Student Health Service nurses who have expertise in foreign travel.

How it works For Group Travel Health Meetings:

1. Group Meetings MUST have at least five (5) student travelers to receive this education
2. The Travel Consultation Fee is waived for ALL Travel Health Group Meetings
3. A Professor, Group Leader or Student Representative may act as the coordinator
4. Contact may be initiated by email (TravelNurse@AppState.edu), phone (828) 262-3100, or in person at the Student Health Service (Miles Annas Building – above the ASU Post Office)
 - Contact should be made a minimum of 4 weeks prior to proposed Travel Health Group Meeting date
5. Once contact has been made with the Travel Nurse, the Group Leader will receive an e-mail with the required forms and instructions for the next steps
 - a. The Group Leader will complete the travel itinerary/activity portion of the trip on the Travel Questionnaire in a fillable PDF form
 - b. The Group Leader will save the document
 - c. The Group Leader will then e-mail to or print this document for each of the students
 - d. The traveling student will complete the top of page 1 and all of page 2 of this form
 - e. The traveling student will print the completed form and sign it
 - f. The traveling student will return this form to the Group Leader in a sealed envelope
 - g. Once all of the group's forms have been gathered, the Group Leader will deliver or have delivered in a sealed envelope to Student Health Service Front Desk Attn: Travel Nurse - Eyes Only!
6. Forms must be received at the Student Health Service Front Desk at least two (2) weeks prior to the Travel Health Group Meeting date

How it works For Individual 1:1 Appointments:

1. The Traveling Student requesting a Travel Nurse Health Appointment will be directed to go to the pharmacy for payment of the Travel Consultation Fee (\$20.00)
2. The Traveling Student will return to the appointment window with their receipt to schedule the Travel Nurse Health Appointment
3. The Traveling Student will be given a Travel Services questionnaire (by the Front Desk) which must be completed at this time
4. It is recommended that the Traveling Student visit briefly with a Travel or Immunization Nurse to evaluate your specific trip immunization recommendations – Ask the front desk to check you into the immunization clinic
 - a. The Traveling Student will be given a Travax® report customized to the specific travel needs
 - b. Vaccine administration may begin at this time
5. The Traveling Student will return for the scheduled Travel Nurse Health Appointment
6. Any travel medications necessary for the Traveling Student's travel needs may be ordered at this consultative visit and any additional immunization vaccines may be administered at this time

For more information call Student Health Service at: (828) 262-3100.

<http://healthservices.appstate.edu/travel>

<http://healthservices.appstate.edu/travel-and-study-abroad-resources>

<http://wwwnc.cdc.gov/travel/content/vaccinations.aspx>

<http://wwwnc.cdc.gov/travel/notices>



Travel Nurse Contact Information

Travel & Study Abroad Services

Charges

Travel Nurse Consultation Fee: \$20.00 (twenty dollar) fee will be collected when the Travel Nurse Health Appointment is made. This fee is NON-REFUNDABLE. This consultative fee is to defray the cost of the travel program. If the student does not keep the Travel Nurse Health Appointment, the fee is retained. This fee is waived for ALL Group Travel Health Meeting attendees.

Vaccine List**

1. Hepatitis A: \$30.00/dose (2 shot series) takes at least 6 months to complete
 2. Hepatitis B: \$35.00/dose (3 shot series) takes at least 6 months to complete
 3. Vivotif (live oral) Typhoid Vaccine: \$35.00 **OR** Typhoid Vi Vaccine (injectable): \$55.00
 4. Meningitis Vaccine: \$110.00 - *Frequency of shots varies depending on several factors*
 5. Tetanus Diphtheria (Td): \$25.00 **OR** Tetanus Diphtheria & Pertussis (Tdap): \$35.00
 6. Varicella (Chicken Pox): \$100.00
 7. Japanese Encephalitis (IXIARO): \$235.00 per dose (x 2 doses 28 days apart) must be paid for prior to pharmacy ordering vaccine – May Vary
 8. Yellow Fever (YF-Vax): \$120.00
 9. Polio – Adult Booster (Injectable): \$30.00
 10. Influenza – Quadrivalent: \$15.00
 11. TB Skin Test (TST): *May* be required prior to travel in some cases; routinely recommended 3 months after return from any International Travel. \$5.00 (**Free if you bring the travel nurse a postcard from your travels.**)
TB Skin Tests (TST) are administered at Student Health Services as follows:
 - Mondays (to be read on Thursday)
 - Tuesdays (to be read on Friday)
 - Fridays (to be read on Monday)
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Altitude Sickness Medication

- **Diamox** (Acetazolamide)
 - *Price Varies*
 - Twice Daily – Quantity varies based on travel needs
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Anti-malarials List (travel destination may diminish choices) **ONE** of below may be prescribed:

- Aralen 500mg / tab (Chloroquine):
 - \$1.00 per tablet (minimum 6 tablets)
 - 1 at least 1 week before travel
 - 1 each week of travel stay
 - 1 per week for 4 weeks after returning
 - Lariam 250mg / tab (Mefloquine):
 - No Longer Offered at Student Health Services
 - Potential side-effects can be severe
 - Under certain circumstances, may be obtained
 - by filling at an outside pharmacy
 - Malarone (250 mg Atovaquone / 100 mg Proguanil HCL):
 - \$5.00 per tablet (minimum 10 tablets)
 - 1 per day beginning 2 days prior to travel
 - 1 each day of travel stay
 - 1 each day for 7 days after returning
 - Doxycycline 100mg / tab:
 - *Price Varies*
 - 1 per day beginning 2 days prior to travel
 - 1 each day of travel stay
 - 1 each day for 4 weeks after returning
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Traveler's Diarrhea Medication List

- Imodium: \$2.00 (per box)
 - Quantity varies based on travel needs
- Azithromycin 250mg / tab: (*Prescription Only*)
 - Quantity and Cost varies based on travel needs (avg. \$5.00 - \$10.00)
- Cipro 500mg / tab (Ciprofloxin): (*Prescription Only*)
 - Quantity and Cost varies based on travel needs (avg. \$5.00 - \$10.00)
- Pepto Bismal Tabs (Bismuth) as a preventative \$2.00 (per box)



Travel and Study Abroad Resources