Travel Recommendations

Albania  Armenia  Azerbaijan  Belarus  Bosnia/Herzegovina  Bulgaria  Croatia  Czech Republic  Kyrgyzstan  Latvia  Lithuania  Macedonia  Montenegro  Poland  Romania  Russia  Serbia  Slovakia  Slovenia  Tajikistan  Turkmenistan  Ukraine  Uzbekistan

Medications:

Traveler’s Diarrhea:
☐ Ciprofloxacin: One 500 mg tablet twice daily for 1-3 days.

Malaria Prophylaxis:
☐ Malarone: One tablet once daily; start one to two days before travel to region with malaria, every day while in at risk area, and for 7 days after leaving at risk area.
☐ Doxycycline: One 100mg once daily; start one to two days before travel to region with malaria, every day while in at risk area, and for 28 days after leaving at risk area.

Routine Vaccines:
☐ Influenza vaccine
☐ Tetanus booster: Tdap or Td
☐ Hepatitis B vaccine
☐ TB Test: if length of stay is 6 weeks or longer; test should be done 12 weeks after return.
   Consider two step PPD before travel if in high risk environment, such as hospitals.

Non-Vaccine Preventable Diseases:

Avoid Bug Bites to Protect against:

Tickborne Encephalitis
Spread by tick bites, occasionally by unpasteurized dairy product
Risk present only in small areas in many countries

Recommended Travel Vaccines

☐ Hepatitis A
☐ Typhoid: Kazakhstan, Kyrgyzstan, Tajikistan, Turkmenistan, and Uzbekistan
☐ Rabies vaccine: consider for long term/frequent travel to low/medium resource countries
☐ Japanese Encephalitis: consider for long term travel or outdoor activities in endemic areas in Russia

See General Travel Advice for more information on personal safety and security, food and water precautions, malaria and how to avoid bug bites.

For the Most Up To Date Information:
Centers for Disease Control Travelers’ Health: http://wwwnc.cdc.gov/travel/
State Department (Travel Alerts and Warnings): http://travel.state.gov/
Travel Registration with Embassies: https://step.state.gov/step/

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