

Travel Medicine

Children travel internationally for a variety of reasons. Some accompany their parents on business trips, for family visits or for humanitarian activities. Other children may travel apart from their families with organized groups or as exchange students. Their time out of the country may be brief or may continue for extended periods.

International travel can expose young travelers and their families to illnesses rarely found in the U.S., but common in the geographic regions to which they travel. Many of these conditions are relatively unfamiliar to most doctors and other healthcare practitioners in the U.S.

The most common of these travel illnesses include:

- Diarrheal disease
- Hepatitis A
- Malaria
- Parasitic infections
- Tuberculosis
- Typhoid Fever
- Yellow Fever

Travel illnesses may be transmitted from person to person or through food or water. Most can be prevented by education directed at avoiding exposure, using preventive medications and, in some instances, by receiving specialized vaccines.

Prior to your travel, up to 6 months for some destinations, we recommend you make an appointment with our office to help you plan a safe and enjoyable trip.

Below you will find a few resources that can help you understand what to expect prior to your travel.

General Travel Information and Alerts

- [CDC](#)
- [World Health Organization](#)

Travel Illnesses

- [CDC](#)
- [World Health Organization](#)

Travel Vaccines

- [CDC](#)
- [World Health Organization](#)