



WORK & TRAVEL USA

# TRAVELER'S HEALTH INFORMATION

CIEE Southeast Asia Road Show – 2019

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Some vaccines may be required or recommended for your travel to Southeast Asia. Discuss your travel plans and personal health with a health-care provider (ideally 4-6 weeks prior to departure) to determine which vaccines you may need. For detailed information, refer to [www.cdc.gov](http://www.cdc.gov).

## General Health Information

Before every trip, make sure you are up-to-date on routine vaccines. These vaccines include the measles-mumps-rubella (MMR) vaccine, diphtheria-tetanus-pertussis vaccine, varicella (chickenpox) vaccine, polio vaccine, and your yearly flu shot. Also, be sure to check the CDC websites for any additional recommended vaccines to keep you safe on your trip.

Zika Virus is a risk in Thailand. Because Zika infection in a pregnant woman can cause serious birth defects, the CDC recommends pregnant women not travel to Thailand.

Remember to stay safe and healthy while traveling:

- Get vaccinated
- Eat and drink safely
- Prevent bug bites
- Keep away from animals
- Reduce your exposure to germs
- Avoid sharing body fluids
- Avoid non-sterile medical or cosmetic equipment

**For more information, please refer to the CDC website for each country that we will visit on this trip:**

- Taiwan: <http://wwwnc.cdc.gov/travel/destinations/traveler/none/taiwan>
- Thailand: <http://wwwnc.cdc.gov/travel/destinations/traveler/none/thailand>
- China: <http://wwwnc.cdc.gov/travel/destinations/traveler/none/China>