



Student Health & Counseling

Student Academic Affairs

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Traveler?s Health

When traveling overseas, especially if you are going to a developing country, plan well in advance of your anticipated departure. There is a wide variety of travel destinations and ever-changing health care requirements for each of them. To better prevent illness when traveling we recommend you:

Step 1: Schedule a Travel Consult

Student Health offers travel consultations with either an SHCS primary care provider or the travel nurse, Beth Pirkle, RN. Ideally, you?ll want to schedule your travel appointment **at least two months** before your departure date.

The travel consultation includes a risk assessment of your planned destination and activities, and advice about staying well during travel as well as what to do if you get sick or injured while abroad. Your immunization record will be reviewed and any needed vaccinations* will be administered. You will also be given prescriptions as needed for malaria chemoprophylaxis, traveler?s diarrhea self-treatment, altitude sickness prevention, and HIV PEP. Students who require HIV PEP kits *may require a second appointment before departure*, so plan accordingly.

Call the clinic at **(415) 476-1281** to or visit MyHealthRecord to schedule your travel consultation ^[1].

** Vaccinations for UC SHIP enrollees are covered under their plan benefits; students who waived UC SHIP are responsible for the cost of vaccinations*

Topics include:

Malaria	Traveler?s Diarrhea
Women?s Health	Time Adjustment/Jet Lag
Insect Bites	Altitude Sickness
Diver?s Precaution	Sun Protection
Safety Considerations	Travel Alerts

Traveler?s Insurance: Bluecard PPO ^[2] & ACE travel insurance

^[3]

When scheduling a travel consultation, expect the appointment to last 30-50 minutes and make sure to **bring in a record of your immunization history**.

Step 2: Do Your Own Research

You'll want to review all information related your travels ? including your travel insurance and information about the country or countries of destination.

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UCSF Main Site

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Source URL: <https://studenthealth.ucsf.edu/healthcare-services/traveler-s-health>

Links

[1] <https://myhealthrecord.ucsf.edu/>

[2] <http://www.bcbs.com/already-a-member/traveling-outside-of-the.html>

[3] <https://rmis.ucsf.edu/student-travel-insurance>