

News Release

For Immediate Release

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Know Before You Go

Will you be traveling out of the country over the holidays or during the cold winter months? Southwest Nebraska Public Health Department (SWNPHD) would like to remind all travelers to know their vaccination history, what additional shots may be needed prior to travel, and what other health precautions you should take during your travels.

“CDC.gov/travel is one of the easiest ways to find out what types of shots you may need for your trip or what precautions should be taken to prevent disease while you are out of the country,” states Melissa Propp, Clinic Manager for SWNPHD. “The site is easy to navigate and will tell you if any vaccinations may be required for travel and other helpful tips to keep you healthy and safe.”

Check [cdc.gov/travel](https://www.cdc.gov/travel) for each specific country you will visit. The travel guidelines cover what should be considered before traveling. This may include what mosquito protection you will need, what the recommendations are for drinking water, or if you may need to be prescribed any other medications such as malaria pills. Plan to receive your travel vaccines at least 2 weeks prior to your trip to allow your body to build immunity.

Before traveling internationally, regardless of where you are going, make sure you are protected fully against measles. Measles is highly contagious and has seen a resurgence in many countries in the last few years. If you are not sure of your vaccination status, see your healthcare provider at least one month before your scheduled departure.

For more information on travel vaccines, call SWNPHD at 308-345-4223. Southwest Nebraska Public Health Department serves Chase, Dundy, Frontier, Furnas, Hayes, Hitchcock, Keith, Perkins, and Red Willow counties. You can follow us on Facebook, Instagram and YouTube or view the website at www.swhealth.ne.gov which contains many resources and additional information helpful to prevent disease, promote and protect health.

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