

News Release

For Immediate Release

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Know Before You Go

As more countries open their borders to travel, Southwest Nebraska Public Health Department (SWNPHD) would like to remind all travelers to know their vaccination history and what possible shots may be needed prior to travel and what other 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.”

Checking with each specific country on travel guidelines will be especially important at this time, with COVID-19 still at pandemic levels around the world. All countries are different when it comes to their COVID-19 precautions and guidelines, so it is critical that you do your homework to find out what their requirements are.

Before you travel 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.

Other things that should be considered before traveling is whether mosquito protection will be needed, what the recommendations are for drinking water, or if you may need to be prescribed any other medications such as malaria pills.

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 and Instagram or view the website at www.swhealth.ne.gov which contains many resources and additional information helpful to prevent disease, promote and protect health. Call (308) 345-4223 or stop by the office at 404 West 10th Street (1 block north of Arby's) in McCook.

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