

News Release

For Immediate Release

December 1st, 2022

Contact: Melissa Propp, RN, Clinic Manager, 308-345-4223

Do You Have Travel Plans This Winter?

Most countries are now open to international travelers. 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. You should also know what other precautions to 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 you should be taken to prevent diseases or illness while you are out of the country,” states Melissa Propp, Clinic Manager for SWNPHD. “This site is easy to navigate and will tell you if any vaccinations may be required for your trip.”

Checking with each specific country or cruise line on travel guidelines is still important, with COVID-19 continuing to circulate around the world. Know what is expected before you go on a cruise. All countries and cruise lines are different when it comes to their COVID-19 precautions and guidelines, so it is helpful to find out those requirements ahead of time.

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

Other things that should be considered before traveling are 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 healthy travel, 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; one number three locations, McCook, Imperial, and Ogallala.

###