

News Release

For Immediate Release

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Know Before You Go

With travel to warmer destinations for vacation, mission trips or work, Southwest Nebraska Public Health Department would like to remind all travelers to know their vaccination history and what possible shots may be needed prior to travel or what other precautions you should take during your travels.

“CDC.gov/travel is one of the easiest ways for you 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 county” states Melissa Propp Public Health Nurse. “The site is easy to navigate and will tell you if a shot may be required for travel” state Propp.

According to Center for Disease Control (CDC); Measles is in many countries and outbreaks of the disease are occurring around the world. Before you travel internationally, regardless of where you are going, make sure you are protected fully against measles. If you are not sure, see your healthcare provider at least one month before your scheduled departure.

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

For more information on travel vaccines call Southwest Nebraska Public Health Department 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 Twitter or view the website at www.swhealth.ne.gov. Call (308) 345-4223 or stop by the office at 404 West 10th Street in McCook.

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