

**Travel Medicine Advisory**  
**The United Kingdom -- June 2022**

April 4, 2022

Dear Parents/Guardians:

A Travel Medicine Advisory is issued by the Chen Center for all trips coordinated through the Center for Service and Global Citizenship (CSGC). Travel medicine advice for The United Kingdom is also available at the Travelers' Health website of The Centers for Disease Control and Prevention (CDC) <http://wwwnc.cdc.gov/travel/>

More information about international travel during the COVID-19 pandemic is also available at the CDC website: <https://www.cdc.gov/coronavirus/2019-ncov/travelers/international-travel/index.html>

We encourage you to look over the health information provided by these websites.

*For this trip to The United Kingdom, we recommend your child should:*

- *Be up to date on all of the routine childhood immunizations.*
- *Receive Hepatitis A vaccine or appropriate booster, if not already received.*
- *Protect self from sun exposure by appropriately using sunscreen ( $\geq 30$  SPF) and, when possible, wearing long sleeves and a hat.*
- *Protect self from bug bites (mosquitos, ticks and fleas) which can be vectors of disease*
  - *Appropriately use an insect repellent containing at least 30% DEET.*
  - *Wear long sleeve shirts, pants and a hat when possible. Consider permethrin treated clothing.*
  - *Use air conditioning and bed nets when available.*
  - *Check body for ticks at the end of every day.*
  - *Shower daily, thoroughly and soon after walking in any wooded, bushy or grassy areas.*
  - *Stay in center of hiking trails. Avoid high grass and bushes.*
- *Be fully vaccinated (at least 2 weeks since last dose of the series) against COVID-19 and receive any recommended COVID-19 vaccine boosters (when age appropriate)*

*There is risk of exposure in The United Kingdom to diseases and health problems beyond those preventable by vaccines. The CDC website [https://wwwnc.cdc.gov/travel/destinations/traveler/none/united-kingdom?s\\_cid=ncezid-dqmq-travel-single-001](https://wwwnc.cdc.gov/travel/destinations/traveler/none/united-kingdom?s_cid=ncezid-dqmq-travel-single-001) outlines some of these health risks*

There is a small risk of contracting a tick borne disease called Tick-Borne encephalitis while on this trip. The importance of preventing these illness with DEET and insect bite prevention are outlined at the following sites:

<https://wwwnc.cdc.gov/travel/diseases/tickborne-encephalitis>  
<https://wwwnc.cdc.gov/travel/page/avoid-bug-bites>

Please complete and sign the enclosed Travel Health Questionnaire and permission form by **April 20, 2022**. It is important that we have accurate health related information prior to this trip.

We will update any needed immunizations prior to the trip's departure. If vaccines are needed, charges will be billed to your child's student account. Additionally, our Nurse Practitioner, Ms. Cara Soifer, or I will meet with any students with significant medical problems, medications or allergies in preparation for the trip.

If you want to schedule an appointment with your child's PCP to receive immunizations or travel advice, please do so as soon as possible.

Please understand that although some illnesses may begin during travel, others may occur weeks, months, or even years after return. If your child becomes ill after their trip, particularly within 6 months of their return, they should be preferentially evaluated by a physician versed in travel-related illness.

If you have questions, please contact me by email (please put *The United Kingdom trip* in the subject line).

Sincerely,

A handwritten signature in cursive script that reads "Bryant E. Benson MD".

Bryant E. Benson, MD  
Director of Medical Services  
Chen Health and Wellness Center  
Deerfield, Massachusetts  
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