

Travel Medicine Advisory
Washington DC - February
1 - 5, 2024

October 2023

Dear Parents/Guardians:

This Travel Medicine Advisory is issued by the Chen Health and Wellness Center to alert you to some important medical issues as you plan for your child's trip to Washington DC February 1 - 5, 2024.

For this trip to Washington DC, we recommend:

- *Be up to date on all of their routine childhood immunizations*
- *Receive Hepatitis A vaccine and/or appropriate boosters, if they have not already received them.*
- *Receive annual influenza vaccine, if not already received.*
- *Receive and be [Up-to-date in regards to COVID-19](#) vaccination and boosters.*
- *[Protect themselves from bug bites](#) (mosquitos, ticks, and fleas).*
- *[Protect themselves from sun exposure](#) by appropriately using sunscreen (≥ 30 SPF) and, when possible, wearing long sleeves and a hat.*
- *Avoid contact with any animal or wildlife (including domesticated pets) unless directly supervised by a trip chaperone.*
- *Not swim in any body of water unless approved to do so by their trip leader.*
- *Always be aware of their surroundings and reach out to a trip leader if they notice anything suspicious or askew.*

Despite the use of vaccines and the above practices to reduce risk of disease, please be aware there is still a risk of acquiring serious illness or disease while on this trip. Please feel free to reach out to our office with any questions or concerns.

We will update any needed immunizations during the months prior to the trip's departure. Additionally, Ms. Cara Soifer, our nurse practitioner, or I will meet with any students with significant medical problems, medications or allergies in preparation for the trip. If vaccines are needed, charges will be billed to your child's student account. Medication will be billed to your child's health insurance, though coverage may vary.

If you want to schedule an appointment with your child's PCP to receive immunizations or travel advice, please do so during an upcoming break.

Please complete and sign the enclosed Travel Health Questionnaire by December 4, 2023.

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

Sincerely,



Bryant E. Benson, MD
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