

Travel Medicine Advisory
Germany, Poland and
Czechia
March 7 - 19 2026

September 2025

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 Germany, Poland and Czechia during March 2026. Travel medicine advice is also available at the [Travelers' Health website of The Centers for Disease Control and Prevention \(CDC\)](#).

For this trip to Germany, Poland and Czechia, we recommend your child:

- *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, flies and fleas) which can transmit diseases such as [Tick-Borne Encephalitis](#) and [Leishmaniasis](#).*
 - *Appropriately use an EPA-approved insect repellent such as DEET (15%-30%) or Picardin (5%-10%).*
 - *Wear long sleeve shirts, pants and a hat when possible. Consider permethrin treated clothing.*
 - *Use air conditioning and bed nets when available.*
 - *Be extra vigilant during dawn and dusk when mosquitos and other insects are more prone to bite.*
 - *Check the 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 the center of hiking trails. Avoid high grass and bushes.*
- *[Protect themselves from sun exposure](#) by appropriately using sunscreen (≥ 30 SPF) and, when possible, wearing long sleeves and a hat.*
- *Practice [hand hygiene](#) and [safe food/drink choices](#)*
- *Avoid any 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, there is still a risk of acquiring serious illness or disease while abroad. We ask that you review the CDC's website regarding travel to [Germany](#), [Poland](#) and [Czechia](#) to obtain a better perspective on the potentially serious health risks and disease exposures involved in traveling to this destination. Please feel free to reach out to our office if you have any questions or concerns.

We will update any needed immunizations during the months prior to the trip's departure. Additionally, Ms. Cara Soifer, the 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 or with a travel medicine specialist to receive immunizations, medication and travel advice, please do so during an upcoming break.

Please complete and sign the enclosed Travel Health Questionnaire by November 24, 2025.

Please feel free to contact me with any questions or concerns you may have regarding this advisory.

Sincerely,

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

Bryant E. Benson, MD
Director of Medical
Services
D. S. Chen Health and Wellness Center
Deerfield Academy
bbenson@deerfield.edu

