



Travel Consultations Policy

Traveling to faraway places is a wonderful way to teach kids and teens about the world and to enjoy time together as a family. Our physicians and staff are here to make sure that your family makes healthy choices during your time away. Please see the [CDC's website](#) for some initial information on what is needed for your destination.

Considerations for your trip may include immunizations, malaria prevention medications, mosquito avoidance, management of chronic medical conditions such as asthma, and prevention of food or water-borne illness. Our office can help with many of these considerations, but doing so requires time, knowledge, and research on our part because each area of the world has such specific conditions. We therefore request that patients who need advice or medications for travel be seen as part of an office visit. This could be done at a yearly well check, a medical condition management visit, or as a separate "travel consult" visit. Please be advised that insurance coverage for travel-related visits is variable; often insurers consider the cost for these visits to be patient responsibility. Immunizations or medications recommended by the CDC may or may not be covered by your insurance, either. Please check with your HR department or your insurance benefits for further information. We will request that you leave a credit card on file to cover any balance not covered by your insurance.

We carry all routine childhood and adolescent vaccines as recommended by the CDC and American Academy of Pediatrics, including influenza vaccine, MMR vaccine, and Hepatitis A and B vaccines. We can prescribe oral typhoid vaccines to be administered at home or injectable typhoid vaccines to be picked up at a pharmacy and administered here by a nurse. We do prescribe antimalarials as well. We do not stock or administer the Rabies vaccine, Japanese Encephalitis vaccine, or Yellow Fever vaccine. If these are required, this can be done at Passport Health (919-781-0053) or at the UNC (984-974-4462) or Duke (919-416-3853) travel clinics.

To help us best advise your family regarding travel-related medical care, please do the following:

- Notify us as soon as you are able to do so. Some treatments or immunizations require multiple doses done well ahead of travel.
- Please give us a general itinerary of where travel is planned. Malaria prevention depends on very specific locations or altitudes.
- Please let us know how long the trip will be, so the appropriate number of antimalarial doses can be prescribed.

- Know that prescriptions of antibiotics “just in case” are often not appropriate or recommended for children. For example, ciprofloxacin for traveler's diarrhea is not recommended for use in children under 16 years of age.