Travelers Clinic

Health education and planning for international travelers
Whatever your destination, we help you plan for good health so you can enjoy your trip without worries. We offer expert consultation and education to answer any questions you may have before you depart on your international journey.

**Adult immunization and vaccine evaluation**
- Tetanus, diphtheria and adult pertussis (Tdap)
- Polio
- Hepatitis A and B
- Yellow fever
- Typhoid
- Japanese encephalitis
- and many more
We can answer your questions on allergic reactions associated with vaccines.

**Risks from food and drink**
- Travelers’ diarrhea, which may be acquired through ingestion of fecally contaminated food (cooked or uncooked) and or water. Risky foods include:
  - Raw or undercooked meat and seafood
  - Raw fruits and vegetables
  - Tap water, ice and unpasteurized milk and dairy products
  - Other food-borne illnesses

**Mosquitoes and other bugs**
- Malaria prevention
- Diseases associated with insect bites

**Motion sickness**
- Travelers with a history of motion sickness or sea sickness can take anti-motion medication (e.g., antihistamines) before departure to help minimize or prevent symptoms.

**Environmental effects**
- International travelers may be subject to lower disease resistance due to stresses such as crowding, disruption of usual eating and drinking habits, time changes and “jet lag,” which disrupts the natural sleep cycle. These stress conditions can lead to nausea, indigestion, fatigue or insomnia.

With the right planning, we can help you optimize your trip. To learn more, call the UC Davis Travelers Clinic at 916-734-2737.

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