

News Release

For Immediate Release

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Contact: Melissa Propp, RN email: nurse@swhealth.ne.gov or call 308-345-4223

Travel Shots Available at SWNPHD

McCook - Southwest Nebraska Public Health Department (SWNPHD) has numerous vaccines available for adults, children and infants planning to travel outside of the United States. "Mission and school trips can be challenging considering recent measles and influenza outbreaks," explains Melissa Propp, RN, at SWNPHD. "For specific details, please call me at 308-345-4223 or email: nurse@swhealth.ne.gov."

Center for Disease Control and Prevention (CDC) reported more than 26,000 suspected cases of measles have been reported in the Philippines in 2014. As of May 23, 22 U.S. travelers, mostly unvaccinated, who returned from the Philippines have become sick with measles. CDC recommends that travelers to the Philippines protect themselves by making sure they are vaccinated against measles.

Measles remain a common disease in many parts of the world, including areas in Europe, Asia, the Pacific and Africa. Anyone who is not protected against measles is at risk of getting infected when they travel internationally. Measles is an extremely contagious disease that you can get by breathing in the virus from someone who is sick. A person can be contagious before they even know they are sick.

Before any international travel CDC recommends:

- Infants six months through 11 months of age should have one dose of measles vaccine.
- Children 12 months of age or older should have two doses separated by at least 28 days.
- Adolescent and adults who have not had measles or been vaccinated should get two doses separated by at least 28 days.

CDC recommends the following for those planning to travel to the World Soccer Cup in Brazil.

- Be up-to-date on routine vaccinations, including measles-mumps-rubella (MMR), diphtheria-tetanus-pertussis, varicella (chickenpox), polio, and influenza (flu).
- Other recommended vaccines may include hepatitis A, typhoid, hepatitis B, yellow fever, and rabies.
- Medicine for malaria and travelers' diarrhea may be recommended.

CDC has 2014 travel notices listed on their website at <http://wwwnc.cdc.gov/travel/notices>.

- Middle East Respiratory Syndrome (MERS): Arabian Peninsula
- Polio: Equatorial Guinea, Syria, Cameroon, Somalia, Kenya, Liberia, Ethiopia, Iraq
- Measles: Vietnam, Philippines, Turkey, Indonesia
- Cholera: Cuba, Dominican Republic, Haiti, Mexico
- Avian Flu (H7N9) China (H5N1) Canada
- Zika Fever: Cook Islands, Easter Island, Tahiti, New Caledonia
- Yellow Fever: Sudan
- Chikungunya: Micronesia, Tonga, Caribbean

SWNPHD offers travel shots at their McCook office and clinics in Cambridge, Curtis, Hayes Center and Trenton on a monthly basis. You can schedule shots by calling 308-345-4223. A seven day notice is required to order typhoid vaccine. Yellow fever vaccine can be given in Cambridge at Tri Valley Health Clinic with a 10-day notice.

SWNPHD recently added lead testing, blood draws and child care provider screenings to their clinic services. For a listing of available tests and insurances that we accept, go to www.swhealth.ne.gov.

SWNPHD also provides adult immunizations, such as shingles, whooping cough, tetanus and flu shots. We can bill Medicare and numerous insurance companies. Please call SWNPHD to confirm your insurance coverage or see if you are eligible for free shots by meeting certain income criteria. SWNPHD is located at 404 West 10th Street, one block north of Arby's.

Immunizations are one of the most effective and cost efficient ways to prevent disease. For every dollar spent on immunizations, it saves as much as \$29.00 in direct and indirect health costs.

More information on immunizations is available on the website and you can follow us on Facebook or Twitter. Southwest Nebraska Public Health Department serves Chase, Dundy, Frontier, Furnas, Hayes, Hitchcock, Perkins and Red Willow counties.

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