

International Travel Recommendations

We recommend a pre-travel consultation at our office or a travel clinic prior to international travel. This appointment allows for a detailed review of the travel itinerary, assessment of potential health risks, immunization recommendations and prescription medications as applicable. Ideally, this consultation should be scheduled 2-4 weeks prior to travel. Foxhall Pediatrics does not have vaccines to protect against typhoid, yellow fever, Japanese encephalitis, dengue, rabies, chikungunya or cholera.

Vaccinations

Vaccine recommendations vary based on several factors, including the patient's age, the region visited, the length of stay, and the time of year. For detailed recommendations by country, please refer to the CDC website:

<https://wwwnc.cdc.gov/travel>

Medications

Malaria Prophylaxis: Prescription required. Recommended for travel to regions in Africa, Central and South America, East Asia, the Indian subcontinent, the Middle East, and Southeast Asia. Begin several days prior to travel, continue during travel, and take for several days after travel concludes.

Medication for Altitude Sickness (Diamox/Acetazolamide): Prescription required. Approved for ages 12 years and above. Consider if traveling to an altitude of 10,000 ft (3048 meters) or above.

Medication for Traveler's Diarrhea: Prescription required. Broad-spectrum antibiotics, with different regimens based on medication and patient's allergy history.

General Travel Advice

Here are some general recommendations regarding travel with infants and children:

- Establish a location for local care before you arrive at your destination, such as an urgent care center or hospital with pediatricians available in case your child falls ill.
- Pack supportive care measures with you: nasal saline, thermometer, fever-reducing medicine, powdered rehydration solution, sunscreen, bandages, anti-itch cream/ointment.
- Pack prescription medications.
- Pack travel documents:
 - Passports
 - Immunization records
 - Travel insurance information
 - Copies of passports stored digitally
 - Copies of birth certificates stored digitally

Travel Clinics – Please call for specifics on ages and availability. These clinics offer pre-travel consultations, vaccinations, and medications that you may need for travel.

Washington Travel Clinic (Ages 9 months and older)

Phone: 202-521-8120

1712 I Street, NW, Suite 1007, Washington, DC 20037

www.washingtontravelclinic.com

Passport Health (Ages 12 months and older)

Phone: 202-561-3600

1145 19th Street, NW, Suite 601, Washington, DC 20036

www.passporthealthmetro.com

Northwest Nurse Practitioner's Association (Ages 10 years and above)

Phone: 202-483-6672

3000 Connecticut Avenue, NW, North Entrance, Suite 338, Washington, DC 20008

<https://www.nwnursepractitioners.com/service/pre-travel-consultation>

Farragut Medical Travel Clinic

Phone: 202-775-8500

815 Connecticut Avenue, NW, Washington, DC 20006

www.farragutmedical.com

Foxhall Internists Immunization Clinic (Ages 16 years and above)

3301 New Mexico Avenue, NW Suite 348

Washington, DC 20016

(202) 362-4467

We hope you find this information helpful. If you have any questions about upcoming travel, please call the office at 202-537-1180 to schedule an appointment.