



IMMERSION

IMMUNIZATIONS & MEDICATIONS

Experience Mission encourages all IMMERSION participants to do their own research—making responsible medical choices and protecting themselves from the potential health risks in each community. We do not claim to be the experts on disease prevention or immunizations. The Center for Disease Control (CDC) website is the main reference tool of many medical professionals, including the Jefferson County Public Health Department, which is located near the Experience Mission headquarters in Washington State.

We encourage all participants to review the CDC recommendations for countries you will be visiting by clicking the link below, as well as research medications on your own and consult a physician for an official opinion about which vaccinations are required for your IMMERSION locations.

Center for Disease Control

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

To view immunization recommendations for specific countries you will be visiting, click the link above and select the country you're visiting from the "Where are you going?" drop-down menu.

Travelling With Medications

All medications should be carried in their original containers with clear labels, so the contents are easily identified. When carrying prescription medications, your name and dose regimen should be on the container. Although it may seem convenient to place the medications into small containers or pack them in daily-dose containers, officials at ports of entry may require proper identification of medications.

All IMMERSION team members should carry copies of their prescriptions, including their generic names. For controlled substances and injectable medications, travelers should carry a note from the prescribing physician or from the travel clinic on letterhead stationery. Certain medications are not permitted in certain countries. If there is a question about these restrictions, particularly with controlled substances, please contact the embassy or consulate of the destination country.