

Traveling outside the United States?

Plan ahead for your international travel shots

Where can I get information on international travel shots?

The Minnesota Department of Health does not provide international travel health consultation or international travel shots.

Information on international travel shots and other travel health issues including disease and concerns about food and water supplies is available by country from the Centers for Disease Control and Prevention (CDC):

- **CDC Travel website**
www.cdc.gov/travel

How soon before I travel do I have to get the vaccines I need?

Start planning now. Some vaccines take up to six months for the entire series.

What vaccines will I need?

The international travel vaccines you need depend on your travel destination, age, current medical condition, occupation and lifestyle.

Where do I go to get international travel shots?

It depends. If you are going to Europe, Canada, Mexico, Japan, Australia, or New Zealand, your health care provider should be able to give you the shots you need.

If you are going to any other country than those just listed, an international travel health clinic is your best resource.

Where can I find an international travel health clinic?

International travel health clinics in Minnesota are listed on the back of this fact sheet.

Do I need yellow fever vaccine?

If you are going to Africa, Central America, or South America, you may need yellow fever vaccine or other vaccines your health care provider might not have. International travel health clinics are the only places that can give yellow fever vaccine.

Are your routine immunizations up to date?

Don't just get your international travel shots! It's a good idea for adults and children to be up to date with routine vaccines before they leave the country.

Children. Children are vaccinated against 12 diseases in the United States. If you aren't sure your children are up to date with their routine shots, call their health care provider.

Adults. Adults need routine vaccines too! If you aren't sure you are up to date, call your health care provider.

Other information for the international traveler

The State Department's travel website includes travel warnings, information on how to get visas and passports, and a wealth of other international travel tips. This information is available at www.state.gov/travel.

Visit MDH's website

This fact sheet and a list of international travel health clinics in Minnesota are available on the Web at www.health.state.mn.us/immunize under "For Travelers."

International travel health clinics in Minnesota

(see back) † † † † †



Immunization Program
P.O. Box 64975
St. Paul, MN 55164-0975
651-201-5414 or 1-877-676-5414
www.health.state.mn.us/immunize

International travel health clinics serving Minnesota residents

The international travel health clinics listed below are authorized to administer yellow fever vaccine. They also provide a variety of other pre- and post-travel services to travelers. Most international travel clinics require an appointment and may require you to see a health care provider. **ALWAYS call first.**

Greater Minnesota clinics:

Mayo Health System Austin

1000 1st Drive Northwest
Austin, MN 55912
Phone: 507-433-7351

Sanford Clinic - Bemidji

1233 34th Street NW
Bemidji, MN 56601
Phone: 218-333-4944

Essentia Health Brainerd Clinic

2024 South Sixth Street
Brainerd, MN 56401
Phone: 218-828-7100

Cambridge Medical Center

701 South Dellwood Ave.
Cambridge, MN 55008
Phone: 763-689-8700

St. Luke's Infectious Disease and Travel Center

1001 East Superior St, L201
Duluth, MN 55805
Phone: 218-249-7990

Essentia Health Duluth Clinic

400 East Third Street
Duluth, MN 55805
Phone: 218-786-3737

Allina Medical Clinic – Faribault

100 State Avenue
Faribault, MN 55021
Phone: 507-334-3921

Hutchinson Medical Center

3 Century Avenue
Hutchinson, MN 55350
Phone: 320-587-2020

Immanuel St. Josephs

Mayo Health System
1015 Marsh Street
Mankato, MN 56002
Phone: 507-385-4700

Lake Region Healthcare Clinic Services

615 Mill Street South
Fergus Falls, MN 56537
Phone: 218-739-2221

Mankato Clinic

1230 East Main Street
Mankato, MN 56001
Phone: 507-625-1811

New Ulm Medical Center

1324 5th Street N.
New Ulm, MN 56073
Phone: 507-233-1000

Allina Medical Clinic - Northfield

1400 Jefferson Road
Northfield, MN 55057
Phone: 507-663-9000
800-272-0508

Northside Medical Center Ortonville Area Health Services

450 Eastvold Avenue
Ortonville, MN 56278
Phone: 320-839-6157

Owatonna Clinic

Mayo Health System
2200 26th Street NW
Owatonna, MN 55060
Phone: 507-444-5020

Mayo Clinic Tropical Travel & Medicine

200 First Street SW
Rochester, MN 55905
Phone: 507-255-7763

Olmsted Medical Center

210 9th Street S.E.
Rochester, MN 55904
Phone: 507-288-3443

Affiliated Community Medical Center

101 Willmar Avenue SW
Willmar, MN 56201
Phone: 320-231-5070

Twin Cities metropolitan area clinics:

MD Physicals, Inc.

14135 Cedar Ave., Ste 300
AppleValley, MN 55124
Phone: 952-431-9655

Allina Medical Clinic/ Crossroads Chaska

111 Hundertmark Road, Ste 220
Chaska, MN 55318
Phone: 952-448-2050

Allina Medical Clinic/ Coon Rapids

Coon Rapids Medical Center
9055 Springbrook Dr.
Coon Rapids, MN 55433
Phone: 763-780-9155

N.W. Family Physicians

5700 Bottineau Blvd
Crystal, MN 55429
Phone: 763-287-6500

Fairview Eden Center Clinic

830 Prairie Center Dr.
Eden Prairie, MN 55344
Phone: 952-826-6500

Passport Health

6700 France Ave. S., Ste 150
Edina, MN 55435
Phone: 952-922-9089

Axis Medical Center

1801 Nicollet Avenue South
Minneapolis, MN 55403
Phone: 612-823-2947

Airport Medical Clinic

7550 34th Avenue South
Minneapolis, MN 55450
Phone: 612-727-1167

Boynton Health Services

410 Church Street SE
Minneapolis, MN 55455
Phone: 612-625-3222

Crown Medical Center

1925 1st Avenue South
Minneapolis, MN 55403
Phone: 612-871-4354

Fairview Uptown Clinic

3033 Excelsior Blvd., Ste 275
Minneapolis, MN 55416
Phone: 612-827-4751

Hennepin Faculty Associates Internal Medicine

825 S. 8th St., Ste 206
Minneapolis, MN 55404
Phone: 612-347-7534

International Travel Clinic Abbott-Northwestern

2545 Chicago Ave. So., Ste 200
Minneapolis, MN 55405
Phone: 612-863-1939

NorthPoint Health and Wellness Center

1313 Penn Avenue North
Minneapolis, MN 55411
Phone: 612-543-2522

Minneapolis VA Medical Center

U.S. Veterans only, 3-D Clinic
One Veterans Drive
Minneapolis, MN 55417
Phone: 612-467-1100

International Travel Clinic

Ridgedale Office Center
13911 Ridgedale Dr. Ste. 484
Minnetonka, MN 55305
Phone: 952-405-8812

Fairview RidgeValley Medical Center

4151 Willowwood Street S.E.
Prior Lake, MN 55372
Phone: 952-226-2600

Quello Clinic - Savage

6350 W 143rd St., Ste. 102
Savage, MN 55378
Phone: 952-428-0200

Complete Home Health Services

4001 Stinson Blvd., LL32
St. Anthony, MN 55421
Phone: 612-788-2273

HealthPartners Travel Medicine - West Clinic

5100 Gamble Dr. Ste. 100
St. Louis Park, MN 55416
Phone: 952-967-7978

Park Nicollet Clinic

3800 Park Nicollet Blvd.
St. Louis Park, MN 55416
Phone: 952-993-3131

HealthPartners Travel Medicine - Health Specialty Center

401 Phalen Boulevard
St. Paul, MN 55101
Phone: 952-967-7978

St. Paul Ramsey County Department of Public Health

555 Cedar Street
St. Paul, MN 55101
Phone: 651-266-1234

Stillwater Medical Group

1500 Curve Crest Blvd.
Stillwater, MN 55082
Phone: 651-439-1234

Allina Medical Clinic/Woodbury

8675 Valley Creek Road
Woodbury, MN 55124
Phone: 651-501-3000

Where can I get travel immunization information? The Minnesota Department of Health does not provide travel health consultation or travel vaccines. Use resources from the Centers for Disease Control and Prevention to learn about travel vaccines and other travel health issues: CDC's travel website (www.cdc.gov/travel). If you have insurance, call your health plan's member services office to see if you are covered for your travel vaccines.

Clinics near Minnesota borders:

North Iowa Mercy Internal Medicine , Mason City, IA:	800-756-4423
Fargo/Cass Public Health Department , Fargo, ND:	701-298-6938
Altru Main Clinic , Grand Forks, ND:	701-780-6234
Sanford Health , Sioux Falls, SD:	605-328-8120
Gunderson Lutheran Medical Center , LaCrosse, WI:	800-362-9567
St. Croix Regional Medical Center , St. Croix Falls, WI:	800-828-3627