

# 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 on the [Centers for Disease Control and Prevention \(CDC\) Travel](http://www.cdc.gov/travel) ([www.cdc.gov/travel](http://www.cdc.gov/travel)) website.

## How soon before I travel do I need to get vaccinated?

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.

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.

## Related websites

- [State Department's Travel](http://www.state.gov/travel/) ([www.state.gov/travel/](http://www.state.gov/travel/)) website includes travel warnings, information on how to get visas and passports, and a wealth of other international travel tips.
- This fact sheet and a list of international travel health clinics in Minnesota are available on the Web on [MDH's For Travelers](http://www.health.state.mn.us/divs/idepc/immunize/travel/index.html) ([www.health.state.mn.us/divs/idepc/immunize/travel/index.html](http://www.health.state.mn.us/divs/idepc/immunize/travel/index.html)) page.

# 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:

### **Sanford Health**

1527 Broadway St.  
Alexandria, MN 56308  
Phone: 320-462-0399

### **Mayo Clinic Health System Austin**

1000 First Drive N.W.  
Austin, MN 55912  
Phone: 507-433-8758

### **Sanford Health Bemidji Clinic**

1300 Anne Street N.W.  
Bemidji, MN 56601  
Phone: 218-333-5081

### **Essentia Health Brainerd Clinic**

2024 S. Sixth St.  
Brainerd, MN 56401  
Phone: 218-828-7100

### **Cambridge Medical Center**

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

### **St. Cloud Medical Group – Clearwater Campus**

615 Nelson Drive  
Clearwater, MN 55320  
Phone: 320-558-2293

### **St. Luke’s Infectious Disease and Travel Center**

920 E. First St., Suite 120  
Duluth, MN 55805  
Phone: 218-249-7990

### **Essentia Health Duluth Clinic**

400 E Third St.  
Duluth, MN 55805  
Phone: 218-786-3737

### **Allina Medical Clinic – Faribault**

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

### **Lake Region Healthcare Clinic Services**

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

### **Hutchinson Medical Center**

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

### **St. Croix Regional Medical Center – Lindstrom**

12375 Lindstrom Lane  
Lindstrom, MN 55045  
Phone: 651-400-2240

### **Mayo Clinic Health System – Mankato**

1025 Marsh St.  
Mankato, MN 56001  
Phone: 507-385-4700

### **Mankato Clinic**

1809 Adams St.  
Mankato, MN 56001  
Phone: 507-625-1811

### **Parkview Clinic**

1400 First St. N.E.  
New Prague, MN 56071  
Phone: 952-758-2535

### **New Ulm Medical Center**

1324 Fifth Street N.  
New Ulm, MN 56073  
Phone: 507-217-5000

### **Allina Medical Clinic – Northfield**

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

### **Family Health Medical Clinic**

2000 North Ave.  
Northfield, MN 55057  
Phone: 507-646-1494

### **Northside Medical Center – Ortonville Area Health Services**

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

### **Owatonna Clinic Mayo Health System**

2200 26<sup>th</sup> St. N.W.  
Owatonna, MN 55060  
Phone: 507-444-5020

### **Mayo Clinic Tropical Travel & Medicine**

200 First St. S.W.  
Rochester, MN 55905  
Phone: 507-255-7763

### **Olmsted Medical Center**

210 Ninth St. S.E.  
Rochester, MN 55904  
Phone: 507-288-3443

### **CentraCare Clinic—Family Medicine—Health Plaza**

1900 CentraCare Circle  
St. Cloud, MN 56303  
Phone: 320-229-4917

### **CentraCare Clinic - Northway Family Medicine**

1555 Northway Drive, Suite 100  
St. Cloud, MN 56303  
Phone: 320-251-1775

### **St. Cloud Medical Group – Northwest Campus**

251 County Road 120  
St. Cloud, MN 56303  
Phone: 320-202-8949

### **St. Cloud Medical Group—South Campus**

1301 33rd St. S.  
St. Cloud, MN 55301  
Phone: 320-251-8181

**Affiliated Community Medical Center**

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

**Twin Cities metropolitan area clinics:**

**Fairview Clinics—Apple Valley**

15650 Cedar Ave. S.  
Brooklyn Park, MN 55445  
Phone: 763-566-8700

**Crown Medical Center**

6901 78<sup>th</sup> Ave. N.  
Brooklyn Park, MN 55445  
Phone: 763-566-8700

**Fairview Clinic Brooklyn Park**

10000 Zane Ave. N.  
Brooklyn Park, MN 55443  
Phone: 763-528-6999

**Park Nicollet Clinic – Burnsville**

14000 Fairview Drive  
Burnsville, MN 55337  
Phone: 952-993-3131

**Allina Medical Clinic/ Crossroads**

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

**Allina Medical Clinic/**

**Coon Rapids**  
Coon Rapids Medical Center  
9055 Springbrook Drive  
Coon Rapids, MN 55433  
Phone: 763-780-9155

**N.W. Family Physicians**

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

**Passport Health**

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

**Fairview Clinic Fridley**

6401 University Ave. N.E.  
Fridley, MN 55432  
Phone: 763-586-5844

**Travel Clinic @ Maple Grove Park Nicollet**

9555 Upland Lane N.  
Maple Grove, MN 55369  
Phone: 952-993-3131

**Airport Medical Clinic**

7550 34<sup>th</sup> Ave. S.  
Minneapolis, MN 55450  
Phone: 612-727-1167

**Allina Health Nicollet Mall Clinic**

825 Nicollet Mall, Suite 300  
Minneapolis, MN 55402  
Phone: 612-333-8883

**Allina Health Uptown Clinic**

1221 West Lake St., Suite 201  
Minneapolis, MN 55408  
Phone: 612-824-1772

**Axis Medical Center**

1801 Nicollet Ave. S.  
Minneapolis, MN 55403  
Phone: 612-823-2947

**Boynton Health Services**

410 Church St. S.E.  
Minneapolis, MN 55455  
Phone: 612-625-3222

**Community University Health Care Center**

2001 Bloomington Ave.  
Minneapolis, MN 55404  
Phone 612-301-3433

**Crown Medical Center**

1925 First Ave. S.  
Minneapolis, MN 55403  
Phone: 612-871-4354

**Fairview Uptown Clinic**

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

**HCMC Pediatric Clinic**

730 S. Eighth St.  
Purple Suite 100  
Minneapolis, MN 55415  
Phone: 612-873-6963

**HCMC International Travel Medicine Clinic**

701 Park Ave. B1.290  
Minneapolis, MN 55415  
Phone: 612 873-6963

**NorthPoint Health and Wellness Center**

1313 Penn Ave. N.  
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

**North Memorial Clinic**

651 Nicollet Mall, Suite 277  
Minneapolis, MN 55402  
Phone: 763-581-8060

**Odam Medical Group**

2800 Chicago Ave. S., Suite 100  
Minneapolis, MN 55407  
Phone: 612-871-2312

**International Travel Care**

13911 Ridgedale Drive, Suite 484  
Minnetonka, MN 55305  
Phone: 952-405-8812

**Quello Clinic – Savage**

6350 W. 143<sup>rd</sup> St., Suite 102  
Savage, MN 55378  
Phone: 952-428-0200

**Allina Health Shoreview Clinic**

4194 North Lexington Ave.  
 Shoreview, MN 55126  
 Phone: 651-483-5461

**Complete Home Health Services**

4001 Stinson Blvd., Suite 332  
 St. Anthony, MN 55421  
 Phone: 612-788-2273

**HealthPartners Travel & Tropical  
Medicine Center**

5100 Gamble Drive, Suite 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

**Bethesda Family Medicine Clinic  
University of Minnesota  
Physicians**

580 Rice St.  
 St. Paul, MN 55103  
 Phone: 651-227-6551

**HealthPartners Travel & Tropical**

Medicine Center  
 401 Phalen Blvd.  
 St. Paul, MN 55101  
 Phone: 952-967-7978

**Passport Health**

1600 University Ave.  
 St. Paul, MN 55104  
 Phone: 651-900-7014

**St. Paul Ramsey County  
Department of Public Health**

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

**Allina Medical Clinic/Woodbury**

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

## Clinics near Minnesota borders:

**North Iowa Mercy Internal  
Medicine**

Mason City, IA  
 Phone: 800-756-4423

**Fargo/Cass Public Health  
Department**

Fargo, ND  
 Phone: 701-298-6938

**Altru Main Clinic**

Grand Forks, ND  
 Phone: 701-780-6234

**Sanford Health**

Sioux Falls, SD  
 605-328-8120

**Gunderson Lutheran Medical  
Center**

LaCrosse, WI  
 Phone: 800-362-9567

**St. Croix Regional Medical Center**

St. Croix Falls, WI  
 Phone: 800-828-3627

## 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](http://www.cdc.gov/travel) (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.

Minnesota Department of Health  
 Vaccine-Preventable Disease Section  
 PO Box 64975, St. Paul, MN 55164-0975  
 651-201-5414 or 1-877-676-5414  
[www.health.state.mn.us/immunize](http://www.health.state.mn.us/immunize)