

**Valley Infectious Disease  
Associates  
Travel Medicine Clinic**

Hours 9:00 a.m. – 5:00 p.m.,  
Monday - Friday, by appointment. For  
further information visit our web site:  
[www.travelmedicineclinic.net](http://www.travelmedicineclinic.net)

Travelers should contact the clinic **6-8 weeks ahead** of a planned trip, if possible, to allow adequate time to complete all immunizations and develop sufficient protection before departure.

The Travel Medicine Clinic operates as an extension of the medical practice of Robert W. Armstrong, M.D., Sumit Majumder, M.D. and Dr. Nagma Hossain of Valley Infectious Disease Associates in Los Gatos.

Travel and immunization services operate under a separate business license, which does not have contracts with insurance companies. We accept cash, check, MasterCard and VISA. We do not accept insurance or MediCal. Medicare does not pay for pre-travel vaccines or immunization.

**Individualized Medical  
Travel Itinerary**

A detailed 21-page document containing both general and specific medical travel advice will be prepared especially for your individual travel itinerary:

Preventative Health Tips  
Food & Beverage Precautions  
Avoiding Common Injuries & Accidents  
Coping with Jet Lag  
Preventing Motion & Altitude Sickness  
Traveling with Children  
Preparing a First Aid Kit  
Avian Influenza Information  
International Certificate of Vaccination  
General Country and Embassy information

**Specific Immunization  
Recommendations**

Our physicians provide recommendations based on your specific health history, itinerary, and type of accommodations or housing. We counsel travelers with detailed travel related advice and immunization recommendations for each country you will visit. Health risk information is updated weekly.

**Vaccines and Prescriptions**

Vaccines are available to prevent common diseases (tetanus, diphtheria, measles, mumps, rubella, polio, hepatitis A, hepatitis B and immune globulin) and less common diseases (yellow fever, meningitis, and typhoid). For travelers at specific high risk, the Rabies vaccines and Japanese B Encephalitis vaccines are available. Medication for prevention of malaria or to treat common traveler's diarrhea can be prescribed.

**Immunizations**

The clinic also offers immunizations to individuals who have a written or faxed prescription from their primary care physician. In addition to travel vaccines we offer:

Zostavax (Shingles vaccine)  
Gardasil (HPV vaccine)  
Adacel (T-dap) and Decavac (T-d)  
Meningitis and pneumonia vaccines  
MMR (Measles, Mumps, Rubella)  
Varicella (Chicken Pox vaccine)  
TB screening test (ppd)