







## Travel Preparation & Vaccinations

### About This Resource

Travel requires extra planning for people living with liver disease — particularly those taking regular medications, living with cirrhosis, or who have undergone liver transplantation. These resources provide trusted information on vaccinations, medication transport, food and water safety, and international health precautions, helping you travel safely and confidently.

### Travel Health & Vaccination Services

- **Texas Liver Care – Travel Health Counseling**  
Pre-travel vaccination review, medication safety guidance, and coordination with your primary-care provider or travel clinic.  
 (682) 427-0200 |  [texaslivercare.org](https://texaslivercare.org) | Fort Worth & Dallas
- **Tarrant County Public Health – Travel Clinic**  
Offers pre-travel vaccines, including hepatitis A, hepatitis B, typhoid, and yellow fever.  
 [Tarrant County Travel Health](https://tarrantcountytexas.gov/travel-health) [[tarrantcountytexas.gov](https://tarrantcountytexas.gov)]
- **Dallas County Health & Human Services – Travel & Immunization Clinic**  
Provides routine and travel-related vaccinations for eligible adults and children.  
 [Dallas County Immunizations](https://dallascounty.org/immunizations) [[dallascounty.org](https://dallascounty.org)]
- **CDC – Travelers’ Health**  
Destination-specific vaccine requirements, travel advisories, and health safety recommendations.  
 [cdc.gov/travel](https://cdc.gov/travel)
- **U.S. Department of State – Travel Advisories**  
Information on entry requirements, health documentation, and medical assistance abroad.  
 [travel.state.gov](https://travel.state.gov)

### TLC Tips – Staying Safe While Traveling

- Carry extra medication (in original labeled containers) and keep it in your carry-on bag.
- Bring a medical summary letter from your hepatologist including your diagnosis, medications, and transplant status (if applicable).
- Avoid raw seafood, unpasteurized foods, and untreated water in developing regions.
- Review vaccination needs at least 4–6 weeks before departure.
- Verify travel insurance coverage for emergency or chronic medical care abroad.
- Carry proof of vaccine waivers if you cannot receive live-virus vaccines (e.g., yellow fever) due to immunosuppression.

#### For Support & Questions

Texas Liver Care | (682) 427-0200 | [TexasLiverCare.org](https://TexasLiverCare.org) | [info@TexasLiverCare.org](mailto:info@TexasLiverCare.org) | 617 Travis Ave, Fort Worth, TX 76104

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