

Preparation for studying abroad, including vaccination against infectious disease.

In order to spend meaningful and healthy life in your study abroad, we would like to encourage you to proceed with the preparation adequately. Take extra precautions by obtaining safety and health information before travelling.

Some infectious disease will put you in serious condition and might have bring about death. Although there are differences of risk of contracting infectious disease at each region in the world, we would like to recommend you to learn the basic information (e.g. infection routes, incubation periods, and major symptoms) of specific infectious disease and to perform the basic prevention against infection (e.g. daily prevention during your stay and specific vaccination before your travel).

Vaccination against infectious disease could lead you to acquire immunity against them and to protect your health from them. Furthermore, vaccination will conquer pathogens of infectious diseases and would protect the world health and the next generations' health. However, even though you get vaccinated, the infection control measure should be observed all throughout your travel , since the vaccination is not completely protective from all infectious diseases.

Vaccination might have some adverse effects, but it is highly recommended because the benefit is greater than the risk. Therefore, before vaccination, you should understand the efficacy, the precautions, and the adverse effects on the information sheet of the vaccine.

Generally, vaccination should be only one type in a day; if deemed necessary by the doctor, several types of vaccine will be acceptable in a day. However, some vaccination requires interval period (e.g. live vaccines require 27 days and inactivated vaccines require 6 days). In order to get the immunity adequately, you should have enough time to complete your vaccination.



For more details, please visit [Health Care Center, TUFS](#).

