

## Immunizations

SStS strongly encourages each student to visit a local “travelers clinic” or international health care practitioner who can advise you personally on your specific needs and questions. We are not medical experts and, therefore, can only make suggestions according to the CDC’s literature.

It is recommended that international travelers visit their healthcare provider **4 – 6 weeks** before the beginning of their trip to allow time for any medicine to take effect. The cost of immunizations is the responsibility of each family.

When visiting your physician, mention that the group will be in Panama City for two days and the rest of the time will be in Bocas Del Toro, Panama.

[Click here](#) to view a map of where SStS groups will be traveling throughout Panama. Provide this information to your physician of choice (primary care physician, travel clinic, etc.) to get the most accurate suggestions for immunizations and vaccinations.

The best resource for up-to-date suggestions related to travel to Panama is the CDC website: <https://wwwnc.cdc.gov/travel/destinations/traveler/none/panama>

Please see the section: Vaccines and Medicines when meeting with your healthcare provider.