Family Medicine Travel Physicians

Ann Tseng, MD

Ann Tseng, MD, is the travel medicine physician at OHSU Family Medicine at Gabriel Park.

In addition to being Board Certified in Family Medicine, Dr. Tseng also has completed advanced training in tropical medicine through the Johns Hopkins School of Public Health. She holds a Certification in Travel Health with the International Society of Travel Medicine.

Timothy L. Herrick, MD, MS

Timothy Herrick, MD, MS, is the travel medicine physician at OHSU Family Medicine at South Waterfront.

He spent more than 20 years as a physician in Africa, and is an expert in tropical disease and illness prevention. He is board certified in Family Medicine, studied Tropical Medicine in Paris, Marseille and West Virginia and is certified in Tropical Medicine by the American Society of Tropical Medicine and Health.
OHSU Family Medicine Travel Clinics

Planning for safe & healthy travel

OHSU Family Medicine Travel Clinics are located at our South Waterfront and Gabriel Park locations. Our physicians specialize in medical services needed by travelers – both before and after a trip.

Our Family Medicine Travel Clinics provide you with information and services specific to your itinerary, as well as your personal health. Our goal is to help you prevent illness so you will have a safe, enjoyable travel experience.

Scheduling your travel appointment

Appointments should be scheduled at least six weeks before your departure to be sure any immunizations are effective before you leave. If a series of vaccines is needed, this may take longer. If you have questions, contact us as soon as your travel plans are final. We will determine which time frame best matches your itinerary.

About your travel appointment

As with any medical appointment, your Travel Clinic provider will assess your current health and review your medical history. They will discuss health conditions with you in the context of your itinerary, as well as risks associated with that itinerary (high altitudes, travel in remote areas adventure travel, malaria zones and more).

Your Travel Clinic provider will make sure your routine vaccinations are up to date. Depending on your travel destination, additional vaccines may be required/recommended. Your provider may also recommend medications and prescriptions, if appropriate, for potential health issues such as traveler’s diarrhea, malaria, altitude sickness and jet lag.

General travel recommendations

**Water:**
- Drink bottled, sealed water or water that has been disinfected (boiled, filtered or treated).
- Avoid ice unless you are certain it has been disinfected.
- Use bottled water for brushing your teeth.
- When swimming, showering or bathing, be careful not to swallow/inhale the water, and avoid getting it in your nose or mouth.

**Food:**
- Avoid raw fruits and vegetables that are unwashed or unpeeled (including salads and condiments made with fresh vegetables).
- Do not eat food served at room temperature.
- Exercise caution when food from street vendors.
- Do not eat raw or undercooked eggs, meat or fish.
- Say no to “bushmeat” (monkeys, bats or other wild game).

**Other:**
- Use sunscreen with an SPF of 30 or higher that “blocks UVA and UVB” rays. Apply at least 20 minutes before exposure. Reapply at least every two hours or each time you get out of the water or sweat heavily.
- Use bug repellent with DEET. Apply no sooner than 20 minutes after sunscreen.
- Do not pet stray animals due to rabies. If you are bitten, seek medical attention immediately.

Source: Centers for Disease Control and Prevention

Contact us

**OHSU Family Medicine at Gabriel Park Travel Clinic**
4411 S.W. Vermont
Portland, OR 97219
Tel: 503 494-9992

**OHSU Family Medicine at South Waterfront Travel Clinic**
3303 SW Bond Ave.
Portland, OR 97239
Tel: 503 494-8573

[www.ohsuhealth.com/travelmedicine](http://www.ohsuhealth.com/travelmedicine)

OHSU Family Medicine Travel Clinics can provide health care advice during your travels via your MyChart account.