

# Shots

For the most part, special shots are not required when going to Russia. You should always have an updated tetanus shot once every 10 years. Hepatitis A and B are often suggested for medical workers, travelers visiting farming communities outside of the city, or those who will have intimate contact with local residents.

Check with your health insurance as some insurances will cover the cost of necessary shots. One Foreign Travel Clinic (214-819-2162) offered the following shots at these prices.

- a. Office Visit – good for one year and subsequent shots
  - a. \$25 office visit charge
  
- b. Tetanus – This is the only shot required for travel to Russia
  - a. \$25 one shot only needed every 10 years
  
- c. Hepatitis A & B – Three shots are required over several months.
  - a. \$60 1<sup>st</sup> shot
  - b. \$60 2<sup>nd</sup> shot after 30 days
  - c. \$60 3<sup>rd</sup> shot after 6 months
  
- d. TB Test
  - a. \$15 one scratch test
  
- e. Typhoid
  - a. \$35 for oral medication
  - b. \$60 one shot

For more information on what shots are recommended for traveling to Russia, please see the link below for the Center for Disease Control (CDC), travel section.

[www.cdc.gov/travel/destinat.htm](http://www.cdc.gov/travel/destinat.htm)