

In Case of a Medical Emergency

You can seek care in Mexico or immediately return to the United States. If you decide to return, we can help you reach a land or air ambulance for immediate transportation.

Our staff can:

- Obtain information from the referring physician
- Find a physician to care for you at our hospital
- Reserve a hospital bed for you
- Provide information about air/land ambulance services
- Recommend other hospitals in the rare event we cannot accommodate you
- Assist with other arrangements or information as needed

Contact Tucson Medical Center

A department of Tucson Medical Center, TMC de México is dedicated to offering personalized service to the international patient and travelers abroad. We can provide information on our package plans and medical services, refer you to a physician, provide procedure costs and offer lodging options.



5301 E. Grant Road • Tucson, Ariz. USA 85712
520.324.1071

Toll-free from Mexico:

001.800.533.4862

(Available Mon.-Fri. 8 a.m. - 5 p.m., MST)

Tucson Medical Center main number:

520.327.5461

Email us at infointernational@tmcaz.com
Visit our websites at www.tmcaz.com (English)
or www.solucionesamericas.com (Spanish)

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STAYING HEALTHY WHILE Traveling in Mexico



Traveling to a foreign country can be rewarding, but an accident or illness can cause an unintended change of plans. Whether for business or pleasure, it is important to maintain your health while traveling. Should the unexpected happen, Tucson Medical Center, located in Tucson, Arizona, has an excellent team of professionals ready to help.

Health Tips • What to Bring • Air Ambulance
Vaccines • Contacting Tucson Medical Center

Health Information for Travelers to Mexico

Recommended Vaccinations

Be sure to plan at least one month ahead of your departure to arrange your immunizations. Discuss your travel plans and personal health with a health-care professional to determine the vaccines you need. Depending on your destination, expected length of stay and other factors, the following immunizations may be recommended by your physician for travel to Mexico:

- Hepatitis A
- Hepatitis B
- Tetanus-Diphtheria
- Malaria
- Measles
- Typhoid



Healthful Tips

Make sure your food and drinking water are safe. Food and waterborne diseases are the primary cause of illness in travelers. One can also become infected by consuming undercooked fish or poultry, or dairy products that have not been pasteurized.

Motor vehicle crashes are a leading cause of injury among travelers. Protect yourself from motor vehicle injuries - do not drink and drive, wear your safety belt, and follow local customs and laws regarding pedestrian safety and vehicle speed.



What to Bring

- Long-sleeved shirt, long pants and a hat in areas where mosquitoes abound
- Insect repellent
- Sun block and sunglasses
- Enough prescription medications in original containers to last throughout your trip
- Anti-diarrhea medication
- First-aid kit

Staying Healthy

- Let your body adjust once you arrive
- Wash your hands often with soap and water or an alcohol-based gel
- Avoid tap water, fountain drinks and ice cubes
- Consume only well-cooked food; peel all fruits and vegetables
- Don't go barefoot or swim in rivers, lakes or streams
- Stay in a well-screened hotel with air-conditioning

