



## Personal Health Care for the Traveler – Part 1

### **Before the trip:**

Pre-Existing Medical Conditions: It is important that travelers have the best advice and care in planning for a productive and pleasant trip. If you plan to travel and have a pre-existing medical condition, consult your doctor four to six weeks before departure. It is beneficial to have your blood type identified, in case you need an urgent blood transfusion during your trip. Patients with chronic illness should bring an adequate supply of medication for the trip.

### **Travelers First Aid Kit:**

Some of the following items may prove useful during the trip:

- Prescription Drugs
- Anti-Diarrheal medication
- Motion sickness medication
- Sleeping pills
- Eye drops
- Antacids/Pepto Bismol
- Pain Relievers (Tylenol, Motrin, Aspirin)
- Cold Remedies
- Antibiotic Ointment
- Insect Repellant\*
- Calamine Lotion
- Sunscreen
- Cortisone Cream
- Basic first aid items, such as band aids, scissors, gauze, tape, etc.

## **During the trip:**

In order to maintain good health, be careful about the food and water you consume. Also, protect yourself against insect bites by applying repellent daily if you are visiting a country where mosquitoes can be a problem. Also, learn and follow the local automobile and traffic safety rules for pedestrians. Be prepared to alter travel plans en route. If you need medical care, you can usually find medical care either by asking the hotel information staff or calling your country's consulate for the names of recommended doctors. You will usually find English speaking doctors at university hospitals or major hospitals.

## **Traveler's Diarrhea**

The most common cause of traveler's diarrhea, usually a self-limited illness of several days duration, is infection with bacterial organisms such as E. coli, shigella, salmonella, campylobacter and other bacteria. Viruses and parasites are less common causes of this disorder. Travelers to areas where hygiene is poor are advised to avoid uncooked foods, unwashed salads, unpeeled fruit, and unboiled tap water, including ice. Oral rehydration is the cornerstone of the treatment of diarrhea. This can be accomplished by drinking water, tea, broth or carbonated beverages. In severe cases, travelers may need commercial oral rehydration fluid or intravenous fluids. It is most important to drink enough fluids to replenish the body's loss of water, salt and sugar. Drink more than you think you lost. This compensates for loss of water through the skin or respiration. Commercial oral rehydration packets may be used to ensure more rapid absorption.

For watery diarrhea, taking Pepto Bismol every 30 minutes, up to 8 doses may have benefit. If diarrhea is severe, accompanied by blood, mucus, fever and severe cramps, or lasts more than three days, consult a doctor. Early treatment with Pepto is a reasonable alternative prophylaxis, but potential side effects such as a hypersensitivity reaction like skin rashes or hematologic reaction like agranulocytosis must be considered.

If diarrhea persists or recurs, consult your doctor and asked to be checked for possible parasites.

## **Water / Food-Born Diseases**

These diseases include: typhoid fever, hepatitis, amebiasis, roundworms, tape-worms, Guinea worm and other parasites. Preventive measures include avoiding the following sources:

Contaminated water: For drinking safe water, use any of the following methods: Bottled water, portable water purifier, iodine drops, Halazon tablets (water purification tablets), or boil water for 10 minutes.

Avoid ice cubes, unless purified water was used.

Uncooked Vegetables and Fruit: Wash well in clean or chlorinated water. It is best if you peel fruits yourself after washing them.

Uncooked meat and poultry: Is safer to cook them well, to kill any germs such as salmonella or parasites such as tapeworm.

Creamy Desserts, Cheeses and Local Dairy Products: Make sure they are not spoiled.

## HIV/AIDS

AIDS (Acquired Immune-Deficiency Syndrome) is a contagious disease caused by an organism called Human Immunodeficiency virus, or HIV for short. The disease destroys part of the body's ability to build immunity to illness. This leaves the body unable to defend itself against infections and certain kinds of cancers. HIV/AIDS knows no geographic, social, racial or cultural boundaries. However, you can protect yourself against this disease during your travels by knowing some simple rules. HIV/AIDS should NOT be feared or prevent travel to any part of the world.

HIV spreads more frequently through sexual activity. The virus can be transmitted from any infected person to his or her sexual partner. It is also spread by transfusion of infected blood, contaminated needles, or other skin-piercing and tattooing instruments. In addition, and HIV infected mother can transmit the virus to her child before, during or shortly after birth. A breast feeding HIV infected mother can transmit it through nursing her child.

It is NOT spread by the following:

-Casual contact with a person, such as shaking hands, hugging, or sharing the same space.

-It is not spread by insect bites or contact with animals.

-It is not spread by sharing swimming pools, bathrooms, telephones, dishes, hugging, coughing or sneezing. You cannot get HIV/AIDS by living with someone with the virus unless by sexual contact.

If you are injured or ill, avoid or postpone any blood transfusion, unless it is absolutely required. In many places, before blood is used for transfusion, it is tested for the HIV virus contamination. If you need blood, try to ensure that screened blood is used. Since more and more countries around the world are now testing blood for the HIV virus, blood transfusions will increasingly be protected from the virus contamination.



## Personal Health Care for the Traveler – Part 2

In addition to safe guarding yourself during your trip, there are also some recommendations for travelers to consider being proactive about as it relates to travel vaccinations. Below we've listed the **Center for Disease Control's** recommendations for vaccines for each country, listed below alphabetically. ***Please note that some of the countries we work in, do require certain vaccines and require proof of your shot record upon entry into their country.*** Please see our further attachment with additional details from the C.D.C. about the specific country you will be visiting.

It is important to remember that many shots need advance planning. **You should set up an appointment with your doctor or travel clinic at minimum 4 to 6 weeks before you trip.** Most vaccines take time to become effective in your body and some vaccines must be given in a series over a period of days or sometimes weeks. If it is less than 4 weeks before you leave, you should still see your doctor. You might still benefit from shots or medications and other information about how to protect yourself from illness and injury while traveling.

\*\*information taken from [www.cdc.gov](http://www.cdc.gov) (January 2015)\*\*

This chart below lists the most common/routine vaccines that are recommended for traveling to developing nations.

Vaccination or Disease	Recommendations or Requirements for Vaccine-Preventable Diseases
<a href="#">Routine</a>	Recommended if you are not up-to-date with routine shots, such as measles/mumps/rubella (MMR) vaccine, diphtheria/pertussis/tetanus (DPT) vaccine, poliovirus vaccine, etc.
<a href="#">Hepatitis A</a> or immune globulin (IG)	Recommended for all unvaccinated people traveling to or working in countries with an intermediate or high level of hepatitis A virus infection where exposure might occur through food or water. Cases of travel-related hepatitis A can also occur in travelers to developing countries with "standard" tourist itineraries, accommodations, and food consumption behaviors.
<a href="#">Hepatitis B</a>	Recommended for all unvaccinated persons traveling to or working in countries with intermediate to high levels of endemic HBV transmission, especially those who might be exposed to blood or body fluids, have sexual contact with the local population, or be exposed through medical treatment (e.g., for an accident).

Vaccination or Disease	Recommendations or Requirements for Vaccine-Preventable Diseases
<a href="#">Typhoid</a>	Recommended for all unvaccinated people traveling to or working in East Africa, especially if staying with friends or relatives or visiting smaller cities, villages, or rural areas where exposure might occur through food or water.
<a href="#">Polio</a>	Recommended for adult travelers who have received a primary series with either inactivated poliovirus vaccine (IPV) or oral polio vaccine (OPV). They should receive another dose of IPV before departure. For adults, available data do not indicate the need for more than a single lifetime booster dose with IPV.
<a href="#">Yellow Fever</a>	<p><b>Requirements:</b> Required if traveling from a country with risk of YFV transmission (this does not include the U.S.) and if 9 months of age or older.</p> <p><b>Recommendations:</b></p> <p><b>Recommended</b> for all travelers ≥9 months of age, except as mentioned below.</p> <p><b>Generally not recommended</b> for travelers whose itinerary is limited to the Afar and Somali Provinces.</p> <p>Vaccination should be given 10 days before travel and at 10-year intervals if there is on-going risk. <a href="#">Find an authorized U.S. yellow fever vaccination clinic.</a></p>
<a href="#">Meningococcal (meningitis)</a>	Recommended if you plan to visit countries that experience epidemics of meningococcal disease during December through June.
<a href="#">Rabies</a>	Recommended for travelers spending a lot of time outdoors, especially in rural areas, involved in activities such as bicycling, camping, or hiking. Also recommended for travelers with significant occupational risks (such as veterinarians), for long-term travelers and expatriates living in areas with a significant risk of exposure, and for travelers involved in any activities that might bring them into direct contact with bats, carnivores, and other mammals. Children are considered at higher risk because they tend to play with animals, may receive more severe bites, or may not report bites.

## ETHIOPIA

All of the above...In addition to the above recommendations, please see the following attachment regarding Malaria pills.

<http://wwwnc.cdc.gov/travel/destinations/ethiopia.htm>

## GUATEMALA

Recommended routine vaccines as stated above under “routine”, Hep A, Hep B, Typhoid and Rabies (if applicable). Please see the following attachment regarding malaria pills for Guatemala.

<http://wwwnc.cdc.gov/travel/destinations/traveler/none/guatemala>

## HAITI

Recommended routine vaccines as stated above under “routine”, Hep A, Hep B, Typhoid and Rabies (if applicable). Please see the following attachment regarding malaria pills for Haiti.

In addition to these, the CDC has this to say about Yellow Fever:

There is no risk of yellow fever in Haiti. The government of Haiti *requires* proof of yellow fever vaccination **only** if you are arriving from a country with risk of yellow fever. This does **not** include the US. If you are traveling from a country other than the US, check this list to see if you may be required to get the yellow fever vaccine: [Countries with risk of yellow fever virus \(YFV\) transmission](#).

For more information on recommendations and requirements, see [yellow fever recommendations and requirements for Haiti](#). Your doctor can help you decide if this vaccine is right for you based on your travel plans.

<http://wwwnc.cdc.gov/travel/destinations/haiti.htm>

## INDIA

Recommended routine vaccines as stated above under “routine”, Hep A, Hep B, Typhoid, Polio, Rabies and Japanese Encephalitis. Please see the following attachment regarding malaria pills for India.

In addition to these, the CDC has this to say about Yellow Fever:

Although yellow fever is not a disease risk in India, the government requires some travelers arriving from or transiting through [countries with risk of yellow fever virus transmission](#) to present proof of yellow fever vaccination. If you will be traveling to India from any country other than the United States or transiting through another country on your way from the United States, this requirement may affect you.

<http://wwwnc.cdc.gov/travel/destinations/india.htm>

## MOLDOVA

Recommended routine vaccines as stated above under “routine”, Hep A, Hep B, \*Rabies.

<http://wwwnc.cdc.gov/travel/destinations/moldova.htm>

## RUSSIA

Recommended routine vaccines as stated above under “routine”, Hep A, Hep B, \*Rabies.

<http://wwwnc.cdc.gov/travel/destinations/russia.htm>

## SWAZILAND/SOUTH AFRICA

Recommended routine vaccines as stated above under “routine”, Hep A, Hep B, Typhoid,\*Rabies.

The CDC had this to say about Yellow Fever:

There is no risk of yellow fever in Swaziland. The government of Swaziland *requires* proof of yellow fever vaccination only if you are arriving from a country with risk of yellow fever. This does not include the US. If you are traveling from a country other than the US, check this list to see if you may be required to get the yellow fever vaccine: [Countries with risk of yellow fever virus \(YFV\) transmission](#).

For more information on recommendations and requirements, see [yellow fever recommendations and requirements for Swaziland](#). Your doctor can help you decide if this vaccine is right for you based on your travel plans.

*(Updated January 2015)*

Please see the additional attachment regarding Malaria medicine for Swaziland/South Africa.

<http://wwwnc.cdc.gov/travel/destinations/swaziland.htm>

<http://wwwnc.cdc.gov/travel/destinations/traveler/none/south-africa>

## UGANDA

All of the above.

The CDC had this to say about Yellow Fever:

Health recommendation: Yellow fever is a risk in Uganda, so CDC recommends this vaccine for all travelers who are 9 months of age or older.

Country entry requirement: The government of Uganda also requires proof of yellow fever vaccination if you are traveling from a country with risk of yellow fever (this does not include the US - for complete list, see Countries with risk of yellow fever virus (YFV) transmission.)

Please see additional attachment for malaria pills for Uganda.

<http://wwwnc.cdc.gov/travel/destinations/uganda.htm>