

Medical Information for Travel to Haiti
2010

- 1) **Hepatitis A:** Vaccine good for 6 mos. protection. With a booster in 6 mos. it is good for 10+ yrs. This is recommended.
- 2) **Hepatitis B:** Three injections given over 6 mos. for "lifetime" protection. Recommended, especially for repeat travelers.
- 3) **Typhoid Vaccine:** *Vivotif Berna*. This is a live oral vaccine needing refrigeration. Four capsules are taken orally, one capsule every other day for 8 days, and gives up to 5 years protection. There is also an injected form, but the oral form is preferred.
- 4) **Flu Vaccine:** Good idea to avoid trouble during travel, especially for Dec. - Mar. travel. The vaccine is given yearly starting around Oct. 15th.
- 5) **Tetanus Booster:** Given every 10 years, if you get the "Td" booster it will update your diphtheria vaccine as well in the same shot.
- 6) **Malaria Prevention:** This is a good idea. There are no vaccines, but several medicines can be taken as prevention:
Malarone (Atovaquone/Proguanil) can be started 1-2 days before leaving, continued daily during the trip, and for one week upon return.
Aralen (Chloroquine 500mg) -or- **Larium** (Mefloquine 250mg) can be started one week before you leave, and then continued **weekly** for 4 weeks after your return, resistance to these has been seen in some areas.
- 7) **Diarrhea:** It is common to experience some stomach troubles with travel: "tourisma". Symptoms are annoying but usually mild. For this **Imodium-AD** (O.T.C.) or **Lomotil** (prescription) and rest/fluids are all that is needed. More worrisome is severe cramping with bloody diarrhea which may require **Cipro 500mg** (prescription antibiotic) 2 times daily for 4 or 5 days.
- 8) **Tuberculosis:** Common in Haiti, so it is good to have had a recent P.P.D. test for TB, and check it a few months after each trip to see if you have been exposed. T.B. is really difficult to "catch" if you are in good health. Converting to a positive test needs to be followed up by your physician.

This information should be reviewed with your Doctor. Another source would be the Health Dept. or C.D.C. at <http://www.cdc.gov/travel/>
Or call: 404-639-2572.