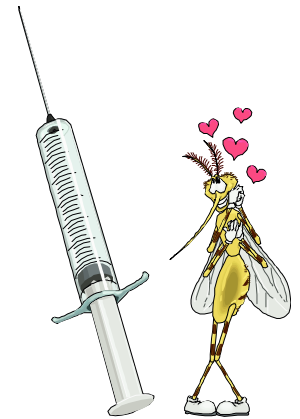


*****REQUIREMENTS*****

The only countries that **REQUIRE** immunizations are:

Yellow Fever vaccination (must be \geq 9 months of age)

Cameroon
Central African Republic
Congo
Cote d'Ivoire (Ivory Coast)
Democratic Republic of Congo (formerly Zaire)
French Guiana
Gabon
Mali – if >1 year of age
Mauritania – if greater than 1 year of age who will stay <2 weeks
Niger – if >1 year of age
Rwanda – if >1 year of age
Sao Tome & Principe – if >1 year of age
Togo – if >1 year of age



Meningitis (must be \geq 2 years of age)

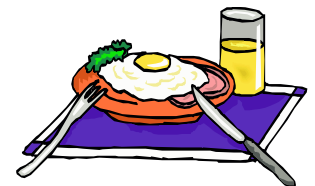
Saudia Arabia – during periods of Haj

* If you are traveling to several countries, any of which are considered Yellow Fever infected, you MAY BE required to show proof of a Yellow Fever vaccination prior to entry into a non-infected country.

*****RECOMMENDATIONS*****

EVERY TRAVEL DESTINATION:

Hepatitis A (food/waterborne)
Tetanus/Diphtheria – one shot within the last 10 years.
Influenza – September through June
Pneumonia – ≥ 50 years of age and/or chronic disease patient
Hepatitis B (bloodborne)



OTHER RECOMMENDATIONS



Typhoid – if you plan to stay in rural areas, use “local” water, or attempt to purify water. Most large cities have separate sewer/water systems. Bottled beverages and well cooked food are recommended. Avoid raw foods and ice.

Meningitis – in sub-Saharan Africa from December to June (Mosquito threat). In other areas that are low socio-economic areas with very population. Ethiopia has frequent outbreaks – both mosquito borne and respiratory.

Polio – (inactivated) – India, Pakistan, Afghanistan and sub-Saharan Africa continue to have outbreaks. If you have had one dose as an adult, you do not need to repeat.

Measles – recently an upturn in cases in Mexico, England. Recommended for any unvaccinated person who has no definitive history of disease.

Varicella – Chickenpox – highly contagious, most serious in adults. Any unvaccinated person who has no definitive history of disease.

Japanese Encephalitis – mosquito borne – for those who will live/work in rural, agricultural areas for 3 or more weeks.

Rabies – for those who will be in remote areas with little access to medical care, those who will live for longer periods of time in low-socio economic areas. Rabies prophylaxis can be delayed for 2 or more weeks after a bite so most most short term travelers do not routinely take the series.

ISG – Immune Serum Globulin (Gamma Globulin) – not provided for travel through this clinic. Is not a vaccine and does not cause antibody production.

Malaria – mosquito borne – not a vaccine – pills taken before, during and after trips to malarial areas, usually rural, forested, jungle, low-lying areas in Africa, Central and South America, Southeast Asia and all parts of India (including cities). Must be used in combination with good mosquito control such as insect repellent, light colored clothing that covers exposed skin, avoiding the use of fragrances of any kind (including scented deodorants, hair spray, lotions), and avoiding outdoor activities from dusk to dawn. Requires a prescription.

**BE PROTECTED – RECEIVE YOUR IMMUNIZATIONS AT
LEAST 4-6 WEEKS PRIOR TO DEPARTURE.**