



## IMMUNIZATIONS

These immunizations are **recommended** but **not required** for those traveling with Convoy of Hope overseas. If a vaccine is required for entry into the county, you will be notified. The decision to obtain these vaccinations is an individual choice. These recommendations are based on a planned itinerary and the assumption that adults have received standard US childhood vaccines of DPT (Diphtheria/Pertussis/Tetanus) and Polio. Vaccines do not need to be repeated unless expired or a booster is necessary.

These recommendations are generic and need to be tailored to your personal health history. Please take these recommendations to a travel clinic or your personal physician to receive the vaccines. All immunizations should be documented on a yellow “**International Certificate of Vaccination**” card. These cards can be obtained at your doctor’s office or county health department. A directory of travel clinics in your area may be accessed at web site: [www.istm.org/clinidir.html](http://www.istm.org/clinidir.html). More information about vaccines may be obtained from the Centers for Disease Control web site: [www.cdc.gov](http://www.cdc.gov).

Immunization	No. of Doses	Good For	Comments
dT (Diphtheria/Tetanus)	1	5-10 yrs.	Boost every 10 years regardless of travel.
Hepatitis A	2	Life	2 doses over 6-month period.
Hepatitis B	3	Life	3 doses over 6-month period.
IG (Immune Globulin)	1	3-6 mo.	Alternative to Hepatitis A vaccine.
Japanese Encephalitis	3	3 yrs.	3 doses over 1 1/2-month period.
MMR (Mumps/Measles/Rubella)	1	Life	One-time only supplementary dose if born in or after 1957 and do not already have 2 documented doses of MMR.
Polio	1	Life	One-time only supplementary dose.
Rabies	3	2 yrs.	3 doses over 3 to 4-week period.
Typhoid, Oral	4	5 yrs.	4 doses over 8-day period.
Varicella	1 or 2	Life	If haven’t had chickenpox disease.
Yellow Fever	1	10 yrs.	Must be documented on “International Certificate of Vaccination”

### **STANDARD HEALTH RECOMMENDATIONS FOR TRAVEL TO LESS-DEVELOPED COUNTRIES**

1. Eat only cooked foods hot to the touch. Avoid eating at street vendors.
2. Eat only cooked fruits/vegetables and or fruits/vegetables you can peel, pare or cut yourself.
3. Drink only purified bottled water with seal intact produced by a reputable company, or boiled and filtered water, or carbonated beverages, or tea and coffee made with boiled water.
4. Do not accept ice in beverages if the source of the water is unknown.
5. Do not swim in fresh water.
6. Protect yourself from mosquito, fly, tick and other insect bites.
7. Bring an extra supply from the US of your prescription, or over the counter medications.
8. When possible, use seat belts when riding in the car; use helmets when riding motorcycles or bicycles.

*Note: Immunizations and other travel recommendations are a service but not meant to replace the role of the private physician or health practitioner who administers the vaccines. Said persons will at all times retain sole responsibility for advice, care and treatment given to their patients. Convoy of Hope disclaims and is not responsible for any illness or consequence resulting from the use, misuse or incorrect interpretation of the recommendations and information given in this document.*