

## Attachment 4 – Immunizations/ Vaccinations /Medications

The following are the Foundation’s recommendations, based upon research and discussions with other medical-related missionaries:

Call your doctor or your local Health Department. They will give you a recommendation for travel to Honduras. Typically on the conservative side, they will normally recommend Hepatitis A & B, Malaria prevention, Typhoid vaccine, and Tetanus. These clinics also can provide an International Certificate of vaccination. It is a good idea to maintain this record and keep it with your passport. It will help you know when you need to have a booster. You can also consult [www.cdc.gov](http://www.cdc.gov). (See listings for Mexico & Central America, <http://www.cdc.gov/travel/camerica.htm>)

Get a copy of your vaccination record (if available). School age missionaries will normally have had the Hepatitis B and Tetanus vaccinations.

- Hepatitis A & B immunizations are recommended. (Hepatitis A is two shots, taken at 0 and 6 months; at least one is taken before your trip. Hepatitis B is three shots, taken at 0, 1 and 6 months; the first two are to be taken before the trip.)
- Hepatitis B is primarily for health care workers. You may not expect to work in the clinic, but it is good insurance for a serious potential. The Hepatitis A & B vaccines are good for life once you complete the series of shots.
- Tetanus vaccine is strongly recommended. If your tetanus is not up to date (It is recommended every ten years), you should get a booster. The shot includes both tetanus and diphtheria immunizations, and is a good idea for anyone performing outdoor work.
- Typhoid vaccine is optional. It is an oral medication (Vivotif Berna Capsule EC BER, 4 pills, one taken every other day, two weeks before departure) that provides protection for approximately 5 years. A minority of folks gets this prevention.
- Malaria prevention (Chloroquine, 7 pills) - These pills are taken once a week starting one week before the trip and for 4 weeks after. About half of the missionaries take this prevention. There are mosquitoes around, but we have never heard of a malaria problem. If mosquitoes like you, we recommend that you take this preventative. Note: Some people are allergic to chloroquine. If you develop a skin rash, discontinue use.

- Generic Cipro - general antibiotic: Some folks take this general antibiotic medication with them. It is used only in case you get a serious case of traveler's diarrhea. It is now recommended by some folks that you take 2 chewable Pepto Bismol tablets daily to prevent traveler's diarrhea. Imodium is recommended for most cases of diarrhea. Take the antibiotic only if severe diarrhea develops and as directed by a doctor. We have access to a health clinic, and the veteran missionaries will have some available, so you probably will not need to buy it. One of the doctors who assist the mission effort will normally write prescriptions for the missionaries who want Cipro, Chloroquine, and typhoid vaccine. This will be arranged as part of the pre-trip meetings and you can solicit opinions from some of the other missionaries. As with anything, some folks are more conservative than others.

In summary, you need to get Hepatitis A & B. Make sure tetanus is up to date. Wait for pre-trip meetings to decide on Malaria prevention, typhoid vaccine, and Cipro.