



Travel Recommendations and Vaccinations

General travel tips

- Allow your body time to adjust after arrival.
- Protect yourself from disease bearing insects. Ultrathon DEET lotion and permethrin clothing and spray are available in UCF pharmacy store.
- Mosquito netting in the bedroom unless you will be sleeping in an air-conditioned room.
- Never go barefoot... Even on the beach.
- Consume only well cooked foods.
- Make Sure Your Water is purified, bottled or canned beverages are safe, avoid things that are served in a glass or use of ice cubes. Utilized purified water to brush your teeth.
- Avoid fruits and vegetables that are not peelable.
- Don't swim in rivers, lakes or streams.
- Pre-fill your prescriptions as they may not be available at your destination.
- Choose your means of transportation carefully. Buckle up, whether in a car, airplane; wear a helmet on a scooter, bike or motorcycle.
- Obtain travel medical insurance.
- Register with the State Department (see website below) and enroll in the Smart Traveler Enrollment Program. Check State Department Warnings or Advisories.
- Leave an itinerary at home with a trusted friend or family member.
- Make a copy of your passport or scan and email it to yourself.
- Don't have your phone out, pay attention to your environment.
- Learn the local 911 equivalent and save them to your phone.

Recommended vaccinations

- Tetanus/diphtheria/pertussis, (**Adacel**) or tetanus/diphtheria, booster every 10 years.
- Live oral typhoid vaccine (**Vivotif Berna**), taken as one capsule every other day for 4 doses with booster required after 5 years. Requires refrigeration until completed.
- Typhoid injectable vaccine (**TyphimVi**), booster required after 2 years.
- Yellow Fever**, booster required every 10 years. We are an authorized yellow fever vaccination site and can provide you with the appropriate documentation.
- Hepatitis A**, series of 2 injections, 6 months apart. Initial vaccine dose provides 85-90% protection.

- ❑ **Hepatitis B**, series of 3 injections at day 0, day 30 and 6 months. Upon completion no subsequent booster is recommended.
- ❑ **Twinrix** (hepatitis A and B combination) given as a series similar to hepatitis B although maybe accelerated to day 0, day 7 and day 21 with booster after one year.
- ❑ **Polio Booster**, One time booster as an adult. Not available at UCF Health Services but can be obtained at local hospitals and possibly at Seminole County Health Department.
- ❑ **Rabies** vaccination occasionally recommended if traveler is at high risk or for extended traveling to remote location. Available at Orange County Health Dept. 407-858-1420.
- ❑ **Meningitis vaccine**, quadrivalent (A/C/Y/W-135,) recommended in the meningitis belt of Africa and is required in Saudi Arabia during the Hajj not more than 3 years and not less than 10 days before arrival.
- ❑ Cholera oral vaccine, **Vaxchora**, single oral dose 10 days prior to travel.
- ❑ Japanese Encephalitis vaccine: **Ixiaro**, 2 doses spaced 28 days apart and completed 7 days prior to travel
- ❑ **Influenza vaccine**, influenza becomes a year round threat in topical area.

Traveler diarrhea: CDC fact sheet with suggested plan for self-diagnosis and treatment provided.

- ❑ Daily **probiotic** tablet and **Pepto-Bismol** taken as 2 tab four times a day during travels can reduce risk of occurrence by 50%.
- ❑ **Cipro** 500mg 2X daily for 3-5 day at onset of diarrhea until no longer present. Seek medical care if high fever persists or bloody diarrhea occurs. Follow CDC instructions for fluid replacement and diet restrictions.
- ❑ **Azithromycin** 500 mg daily for 1-3days is recommended for use in South and Southeast Asia due to the increased risk of ciprofloxacin resistant Campylobacter.
- ❑ **Loperamide** (Imodium AD) is a helpful adjunct to reduce the frequency of diarrheal episodes.

Malaria prophylaxis

- ❑ **Hydroxychloroquine** 200 mg, 2 tablet weekly starting two weeks prior to trip and continuously until 4 weeks after return. Limited areas of effectiveness due to resistance, check CDC recommendations.
- ❑ **Mefloquine** 250 mg, 1 tablet weekly starting one week prior to trip and continue weekly until 4 weeks after return.
- ❑ Doxycycline 100mg, start 2days before trip and continue daily until 28 days after return.
- ❑ **Malarone** 250 mg, 1 tablet daily starting 2 days prior to trip and daily until 7 days after return.

Altitude Sickness

Ascend gradually, if possible. Try not to go directly from low altitude to >9,000 ft. sleeping altitude in one day. Consider using acetazolamide (Diamox) to speed acclimatization if abrupt ascent is unavoidable.

- **Diamox** 125 mg every 12 hours, beginning the day before ascent and continuing the first 2 days at altitude, or longer if ascent continues.

Being a responsible traveler: Promoted by The International Society of Travel Medicine

- **Be Informed.** Travel allows us to discover natural beauties, historical sites and above all the diversity of other societies and people. Be an informed traveler before boarding an airplane and discover what the people you will meet at your destination can teach you.
- **Be open-minded and patient.** Experience other cultures and lifestyles.
- **Be Respectful.** Local people welcome you. Show them gratitude and respect. Respect also local customs: the way you dress, behavior in religious sites, and display of affection.
- **Avoid exploitation.** As travelers we are perceived as rich, be generous in a constructive way by promoting the local economy.
- **Protect the environment.** Avoid overuse of water, wasting food, littering and damaging sites.
- **Leave a good impression.** A positive experience with local people will pave the way for those coming after you leave.
- **Respect and mutual discovery** will make your trip a wonderful experience and will promote your security and your health too! So enjoy yourself and have a good trip!

Travel Medicine Sites:

- Center for Disease Control: <http://wwwnc.cdc.gov/travel/destinations/list>
- International Society of Travel Medicine: <https://www.istm.org/>
- U.S. State Department: <https://travel.state.gov/content/passports/en/country.html>
- Sitata travel app, <https://www.sitata.com> (Google play store/Apple App Store)