

## CVCA Dominican Republic Missions Trip Immunizations and Recommendations

### Immunizations

- 1) **Hepatitis A:** Transmitted by water, casual contact. **Recommended.** For “lifelong” immunity, a second booster should be given at least 6 months after the 1st dose.
- 2) **Typhoid:** Two types: *Shot*, lasts 2 years, needs to be given at least 2 weeks prior to travel. *Oral*, four doses, 2 days apart. Needs to be given at least one week prior to travel. Lasts 5 years. **Recommended.**
- 3) **Hepatitis B:** Required by Ohio school attendance. If you did not, contact me.
- 4) **Rabies:** Contacted by exposure to infected animals. **Probably not needed.** \$230.
- 5) **Influenza:** Given in fall of the year. “Summer” cases are in more tropical areas.
- 6) **Tetanus/Diphtheria (Td):** Open wound/skin site of entry. After initial series, booster needed every 10 years. **Needs to be up to date.**
- 7) **Measles:** Indicated if born after 1957. In the Ohio school attendance requirements of MMR.

### Recommendations

- 1) **Malaria:** Chloroquine is the recommended prevention medication. It is taken 500 mg one week prior to leaving, then once a week for 4 more doses. **This will be supplied by CVCA.**
- 2) **Mosquito:** Two preventative methods: a) DEET, for skin repellent; b) Permethrin 1% sprayed on clothing and bedding. Lasts for 5 washings. Repellent and mosquitocidal. Dengue fever is mosquito born.
- 3) **Pepto Bismol:** Take at least one small bottle or a pack of tablets. Incredible stuff. Helps for the expected loose BM by dietary changes, plus nausea. Expect some changes!
- 4) **WATER!** Water bottles will be supplied. All going need to drink a lot more than we usually do. Probably the most common reason for morbidity is dehydration.
- 5) **Sunblock:** We all get burned, just a lot more when out for the whole day in the Dominican! The key word is slather.
- 6) **Medications:** Take personal meds in a secure, labeled container. Commonly needed medications will be available (Tylenol, antibiotics, nausea meds, etc.)

cdc.gov/vaccines  
nvic.org  
Bugpsray.com

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