

## 2023 DOMINICAN REPUBLIC MISSIONS TEAM

# CDC and TRIP RECOMMENDATIONS

### IMMUNIZATIONS: CDC RECOMMENDATIONS

1. **Hepatitis A:**
  - Transmitted by water, casual contact
  - Recommended
  - For lifelong immunity, a second “booster” should be given at least 6 months after first dose.
2. **Typhoid – Two Types:**
  - Shot: lasts 2 years, needs to be completed at least 2 weeks prior to travel.
  - Oral: Needs to be completed at least 1 week prior to travel. Lasts 5 years.
3. CDC recommends for all travelers: MMR, DPT, Varicella (chickenpox), Polio, and yearly flu vaccines
4. All eligible travelers should be up to date with their COVID-19 vaccines.

### OTHER RECOMMENDATIONS

1. **Malaria Prophylaxis:**
  - In the CDC recommendations
  - Previously recommended by CVCA/CDC, but we have never seen a case of Malaria in the DR.
  - NOT RECOMMENDED
2. **Mosquito prevention – Two methods:**
  - DEET, for skin repellent – 25% or less to avoid neurotoxicity
  - Permethrin 1% sprayed onto clothing, and bedding. Lasts 4 washings or 5 weeks. CVCA will give a concentrate to each traveler, enough for 1 person’s needs.
3. **Pepto Bismol** – Take at least one small bottle or box of tablets. – Lots of GI changes in the DR.
4. **WATER!** – Water bottles supplied. – Need to drink way more than in Ohio.

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[www.cdc.gov/vaccines](http://www.cdc.gov/vaccines)  
[www.nvic.org](http://www.nvic.org)