



# CDC & Trip Medical Recommendations

## Immunizations: CDC Recommendations

1. **Hepatitis A:** Transmitted by water and casual contact. Recommended. For lifelong immunity, a second “booster” should be given at least 6 months after the 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 all travelers have 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:
  - a. DEET, for skin repellent, 25% or less to avoid neurotoxicity
  - b. 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)