

## Trip preparation

1. In anticipation of your trip, make sure to contact your County Health Department or doctor's office for the appropriate vaccinations and medications you should take before travelling to Haiti. Below are the current recommendations from the Center for Disease Control:

## Vaccine-Preventable Diseases

Vaccine recommendations are based on the best available risk information. Please note that the level of risk for vaccine-preventable diseases can change at any time.

<b>Vaccination or Disease</b>	<b>Recommendations or Requirements for Vaccine-Preventable Diseases</b>
<a href="#">Routine</a>	Recommended if you are not up-to-date with routine shots such as, measles/mumps/rubella (MMR) vaccine, diphtheria/pertussis/tetanus (DPT) vaccine, poliovirus vaccine, etc.
<a href="#">Hepatitis A</a> or immune globulin (IG)	Recommended for all unvaccinated people traveling to or working in countries with an intermediate or high level of hepatitis A virus infection ( <a href="#">see map</a> ) where exposure might occur through food or water. Cases of travel-related hepatitis A can also occur in travelers to developing countries with "standard" tourist itineraries, accommodations, and food consumption behaviors.
<a href="#">Hepatitis B</a>	Recommended for all unvaccinated persons traveling to or working in countries with intermediate to high levels of endemic HBV transmission especially those who might be exposed to blood or body fluids, have sexual contact with the local population, or be exposed through medical treatment (e.g., for an accident).
<a href="#">Typhoid</a>	Recommended for all unvaccinated people traveling to or working in the Caribbean, especially if staying with friends or relatives or visiting smaller cities, villages, or rural areas where exposure might occur through food or water.

## Malaria

**Areas of Haiti with Malaria:** All

If you will be visiting an area of Haiti with malaria, you will need to discuss with your doctor the best ways for you to avoid getting sick with malaria. Ways to prevent malaria include the following:

- Taking a prescription antimalarial drug
- Using insect repellent and wearing long pants and sleeves to prevent mosquito bites
- Sleeping in air-conditioned or well-screened rooms or using bednets

All of the following antimalarial drugs are equal options for preventing malaria in Haiti: Atovaquone-proguanil, chloroquine, doxycycline, or mefloquine.

## **Elephantiasis**

There have been some breakouts in Haiti in the last couple months of Elephantiasis. There is no preventative vaccine or medications for this disease. The only precaution is to not allow mosquitos to bite, as this is how this disease is spread.

To prevent the occurrence of this dreaded disease, it is necessary to practice proper hygiene. Since mosquitoes are responsible for causing this condition, it is essential to eliminate them from your surrounding. Don't allow water to stagnate anywhere, as this is the breeding ground for mosquitoes. It is also better to keep surroundings clean to prevent any disease. Eating a well-balanced meal will strengthen the immune system and fight against infections and disorders.

Unfortunately, there is no definitive cure for elephantiasis as of now. There is also no vaccine to prevent the onset of this painful disease. The treatment of this disease depends on the accurate diagnosis of the cause of elephantiasis.

2. Be sure that your passport is current.
3. Follow your airlines packing and weight restrictions carefully. The children are always in need of donations of infant formula, oral antibiotics, fever reducers, cough medicine and vitamins.
4. Please contact HIS HOME at [geoff@hishomeforchildren.com](mailto:geoff@hishomeforchildren.com). There are always needs for formula and medications that can come through Customs in luggage, so if you have room, we have a list of things you could bring.
5. Please read through the Airport Instructions under the travel link on the website for clear directions for travel once you arrive in Haiti.