



# THE HOPE OF AFRICA

## Vaccination Information

### HEALTH MATTERS

The below immunizations are recommended by the CDC; see the following CDC web pages for more information:

<http://wwwnc.cdc.gov/travel/destinations/list.htm> (then choose the country you're travelling to)  
<http://wwwnc.cdc.gov/travel/page/vaccinations.htm>

The immunizations recommended for this trip are:

#### **South Africa/Kenya/Uganda/Mozambique:**

Hepatitis A

Typhoid

Hepatitis B

Tetanus/Diphtheria (Start up to 3 months before trip if haven't had before)

Yellow Fever

#### **Routine Vaccinations (need to be current):**

Polio

Measles/ Mumps/ Rubella

Diphtheria

Tetanus booster

Chickenpox

Tuberculosis

Rabies, if you might be exposed to wild or domestic animals through your work or through recreation

Malaria- Malaria is a risk in this area. Every effort should be made to prevent infection by protection from mosquito bites however oral preventative medication is highly recommended. Travelers should consult their doctors for appropriate medication prescription. (we also advise bringing a mosquito net).

**We strongly recommend that you consult your doctor with regards to the above issues.**

There are insects, snakes (some poisonous) and other creatures associated with rural living. There are hospitals nearby for medical emergencies. However, please be sure a sufficient supply of any medication you may need in relation to allergies or regular prescription drugs be brought with you for the duration of the trip.

You will be given specific instructions upon orientation for your health and safety. Please note any information we give you such where to get drinking water must be abided by at all times. Please have your physician's approval form filled out for assurance and guidance for personal medical consultation in regards to this trip.