

MEDICAL INFORMATION FOR INDIVIDUALS TRAVELING TO HAITI Updated July 2005

A Child's Hope Foundation is grateful for the number of volunteers who have expressed a desire to visit Haiti and assist with the building of the House of Hope Adoption Centers. Travel to this part of the world may expose you to diseases and illness not common in the United States. Viruses, bacteria, or parasites can contaminate food or water, thus causing illness. Accordingly, we have compiled this brief outline of recommendations regarding vaccinations that you should consider and/or must have to travel to Haiti. This document is **NOT** a complete medical guide for travelers to this region of the world. **PLEASE CONSULT YOUR DOCTOR** for specific information related to your individual needs and your medical history. Recommendations may differ by age, for pregnant women, young children, and persons who have chronic medical conditions.

Three different sources of medical recommendations have been shown for your consideration.

National Center for Infectious Diseases	Utah County Health Department	LDS Missionary Training Center
Hepatitis "A"	Hepatitis "A"	Hepatitis "A"
Hepatitis "B"	Hepatitis "B"	Hepatitis "B"
Rabies - if you might be exposed to wild or domestic animals	---	---
Typhoid	Typhoid	Typhoid
Yellow Fever	Yellow Fever - recommended not required	---
Measles	---	Measles - Mumps - Rubella
Anti-Malaria drugs	Anti-Malaria drugs	---
Polio	---	Polio
As needed booster doses for:		
Tetanus-diphtheria	Tetanus-diphtheria	Tetanus-diphtheria

WE suggest that you visit the CDC Health Information web page:
<http://www.cdc.gov/travel/caribbean.htm>

It contains helpful suggestions relating to: Travelers' Diarrhea; precautions all travelers should take; things to do to stay healthy; to avoid getting sick; what to take with you; after you return home; and much more.

Special Note:

Dehydration can be a serious problem in the heat and humidity of Haiti. For this reason you are **REQUIRED** to bring **2 wide mouth (quart size) water bottles** so they can be filled with safe water. You are encouraged to drink plenty of water each day. A good rule to follow is to drink some water each hour. If you wait until you feel thirsty, you may already be dehydrated. Your urine should be light yellow to almost clear if you are drinking enough. In past trips, the most common health problem has been, light-headedness, nausea, etc., caused, in part, by not drinking enough water.