International Travel Clinic

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**TRAVEL TO DOMINICAN REPUBLIC**

As you prepare for the trip, please do the following:

1. Check with your primary care provider to ensure the following vaccines are up to date: Hepatitis A & B, Tetanus, Meningitis and seasonal influenza vaccine.
2. Closely follow advice given by experienced counselors. This is especially important since you will be in an environment that is different than home.
3. **Protect yourself from disease-bearing insects**. Make sure you have the right insect repellent for skin and fabrics. Insects that transmit Zika Virus also transmit Dengue Fever and Chikungunya. They bite day and night. **The mosquitoes that transmit Malaria bite dusk to dawn.**
4. **Typhoid Fever** is a disease that can be caused by bacteria from the Salmonella family and is transmitted through food and water. **This infection can be serious**. Two types of Typhoid Fever Vaccines are available. The injectable vaccine gives protection for 2 years. The oral vaccine gives better protection for 5 years; but needs to be taken **at least 3 weeks prior to departure**.
5. Prefill prescriptions before travel. Be careful with any new medications started before the trip. You may need a prescription for malaria prevention.
6. Take probiotics before and during the trip. This helps in preventing gastrointestinal problems.
7. Stay hydrated. Remember to drink water frequently. It is very important to add electrolytes (eg. Gatorade powder), if you sweat a lot.
8. Apply sunblock **before** applying insect repellents.
9. **Never go** **barefoo**t, even on the beach.
10. **Never** interact with stray animals. They are most likely a conduit for rabies.
11. Don’t swim in rivers, lakes, or streams.
12. After you return, if you have fever, rash, or diarrhea, contact us immediately

**Our office will be open on Saturday, 04/28/2018 and 06/02/2018 from 10am to 1pm, to accommodate small groups of students. Contact us at internationaltravelclinic@gmail.com.**

If you would like us to administer the Typhoid Fever Vaccine or need a prescription for malaria medication, email us at **internationaltravelclinic@gmail.com** for more information. Our website: [**www.internationaltravelclinic.org**](http://www.internationaltravelclinic.org)has additional information, including the cost of vaccines and other products available.

If you have questions, you may email us at internationaltravelclinic@gmail.com or call Giselle at (305)668-0075.

Kunjana Mavunda, MD, MPH, DTM&H

Medical Director

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