

MMA Health Services Travel Health Summary (including US Embassy Emergency Contact Numbers)

MOSQUITO ILLNESSES: Malaria, Dengue Fever, Chikungunya Zika
Some cause severe flu like symptoms & joint pain for months.

BITE AVOIDANCE: 100% DEET sprays, permethrin treated clothing, eliminate standing water, use screens & nets.

ZIKA: mild or no symptoms but causes severe birth defects. Spread by mosquitos and sex. Pregnant individuals should not travel to Zika areas.

Zika lives in women for 2 months and men for up to 6 months – only condom protected sex for this timeline to prevent passing the illness along. Free, confidential pregnancy testing is at Health Services.

WATER SAFETY: Only sealed/bottled water to drink & brush teeth. No ice cubes or foods washed with unpurified water (like fruits/ salad). Do not drink water if swimming or in shower.

FOOD SAFETY: Carry hand sanitizer, “If you can’t peel it, cook it, or clean it, forget it”, do not use non-disposable plates/utensils, avoid street vendors. No raw foods.

MEDS TO BRING:

Full supply of your prescription meds and some extra. Epi-Pen if needed.

Dr. Letter/Prescription if carrying any needles (i.e. diabetes)

Consider a Script for an Antibiotic (Cipro or Bactrim) if bloody diarrhea, fever, abd pain

OVER THE COUNTER MEDS TO BRING:

Diarrhea – Immodium and Bismuth

Colds – Decongestant, Anti-Histamine

Rashes/Bites – Hydrocortisone

Travel sickness – Bonine

Pain – Tylenol & Ibuprofen

Infection – Neosporin/Bacitracin

1st Aid - bandaids

WASH ALL WOUNDS IMMEDIATELY

TRAUMA - #1 killer for travelers; avoid travel at night –poor road conditions, no sidewalks

Wear seat belt, traffic comes in opposite directions – be sure to look before stepping on street

Stand back from rails on train platforms

CRIME: Avoid resisting (better to lose stuff than you), careful alone and in crowded areas, use passport belt, be aware of closest exits, avoid visible jewelry/nice watch, careful at ATMs & looking down at cell phone, fill all seats in taxi – lock doors, windows only partly down; calling a cab better than hailing one – only use official taxis.

STAY SMART: STD’s – HIV more common, Condoms not as good in quality (bring with you)

No Tatoos – hepatitis Avoid Animals –even if desperate looking - Rabies kills 100%; bite = come home.

DRUGS – SEVERE PRISON PENALTIES – DO NOT EVEN THINK ABOUT IT – ANYONE SELLING TO YOU IS AN UNDERCOVER POLICE OFFICER

OTHER PRE-TRAVEL ITEMS - Dental Check-up Before you Go – schedule appointment now

- Contact Lens – bring more than enough & glasses
- Shoes – comfortable, break them in, avoid blisters
- Make color copy of passport; also take picture for your phone and also email to yourself
(create hard copy, phone, and cloud file for all key info and key phone numbers)
- Notify credit card company (phone # on back of card) of travel or card will be locked when you use it
- Download “viber” or “whatsapp” voice over internet apps to talk for free as long as others have it too
- Know how to tune off data to avoid roaming charges
- Bring sunscreen, sun glasses, Chap-Stick, & a Cap (don't forget your ears and feet if using sandals)
- On Plane –move around to avoid blood clots; decongestants if sinus or ear congestion, hand sanitizer

ON RETURN: For 1 year, include your travel history when talking with your Dr. if you get sick

VACCINES / PREVENTION MEDS & US EMBASSY 24 HOUR EMERGENCY NUMEBR

China: Hep A (2nd dose), Tetanus (if last before 2008), Flu, Typhoid

US EMBASSY- **Shanghai**- 24 HOUR EMERGENCY PHONE: **(86)(21) 3217-4650**

Costa Rica: Hep A (2nd dose), Tetanus (if last before 2008), Flu, Typhoid

US EMBASSY- **San Jose**- 24 HOUR EMERGENCY PHONE: **(506) 2220-3127**

Denmark: Hep A (2nd dose), Tetanus (if last before 2008), Flu

US EMBASSY- **Copenhagen**- 24 HOUR EMERGENCY PHONE: **(45) 3341-7400**

Ecuador: Hep A (2nd dose), Tetanus (if last before 2008), Flu, Typhoid, Malaria (if might leave Guayaquil)

US EMBASSY- **Guayaquil** - 24 HOUR EMERGENCY PHONE: **(593)(4) 371-7000**

Florida: Hep A (2nd dose), Tetanus (if last before 2008), Flu

Haiti: Hep A (2nd dose), Tetanus (if last before 2008), Flu, Typhoid, Malaria

US EMBASSY- **Port-au-Prince** - 24 HOUR EMERGENCY PHONE: **(509) 2229-8000**

Kenya: Hep A (2nd dose), Tetanus (if last before 2008), Flu, Typhoid, Malaria, Yellow Fever

US EMBASSY- **Nairobi** - 24 HOUR EMERGENCY PHONE: **(254) (20) 363-6000**

Panama: Hep A (2nd dose), Tetanus (if last before 08), Flu, Typhoid, Malaria (if going east of canal zone)

US EMBASSY- **Clayton** - 24 HOUR EMERGENCY PHONE: **(507) 317-5000**

Malaysia/Singapore: Hep A (2nd dose), Tetanus (if last before 2008), Flu, Typhoid

US EMBASSY –Kuala Lumpur, Malaysia - 24 HOUR EMERGENCY PHONE: **(60) (3) 2168-5000**

US EMBASSY - Singapore - 24 HOUR EMERGENCY PHONE: **(65) 6476-9100**

South Africa: Hep A (2nd dose), Tetanus (if last before 2008), Flu, Typhoid, Malaria

US EMBASSY –**Johannesburg** - 24 HOUR EMERGENCY PHONE: **079-111-1684**

St John, USVI: Hep A (2nd dose), Tetanus (if last before 2008), Flu, (Typhoid only if “adventurous eater”)

Call a Local US Embassy or US State Dept For Emergencies, Lost or Stolen Passport at: 01-202-501-4444