



# North Country Mission of Hope

*Working Together to Improve Lives*

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## **Health Preparations and Requirements for Nicaragua Travel**

All travelers should look at the Center for Disease Control webpage [www.cdc.gov/travel/destinations](http://www.cdc.gov/travel/destinations) and from “Destinations”, choose Nicaragua. Review the recommendations. There are some options particularly regarding clothing preparation, etc., that you may want to follow. The information is extremely thorough so the following is only a summary of the NCMOH recommendations for travel.

**Standard recommended immunizations for age must be up to date. Current immunizations for Hepatitis A, Hepatitis B, Tetanus, and Typhoid fever are required.** Tetanus needs to be within the past 5 years. The typhoid immunization is recommended in the oral form- Vivotif. Be careful to follow the recommendations for taking the capsules to minimize gastrointestinal symptoms. The interval for booster dosage is longer than with the injectable. All of these should be available through your primary physician’s office or by prescription. Rabies vaccination is not required. *However, it is strongly recommended that each traveler get the flu shot which also includes protection against H1N1 flu.*

**Antimalarial medication is necessary for this trip.** Usually, this is chloroquine 500 mg. You are responsible for obtaining and managing your own medication. The medication should be started one week before travel and continued weekly during the trip and for four weeks afterward. You will receive a reminder about when to begin your medication.

**Some travelers have obtained prescriptions for travelers’ diarrhea.** Should a traveler need to use such medicine, it is critical that the medical staff be made aware of this need. **Personal over the counter medications such as Tylenol, motrin, Imodium, etc., can be brought for individual use.** However, it is important to let the medical team know when these meds are necessary on a more than occasional basis. Personal prescription medication must be in the prescription bottle. The medical team will have supplies of common OTC medications. **Special medical needs should be brought to the medical staff attention before and during travel.** The medical emergency form will be reviewed by the lead medical person prior to departure. Any interval changes should be discussed with the lead medical person prior to travel.

For any specific concerns, please feel free to contact:

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“Hope arouses, as nothing else can, a passion for the possible.” (*William Coffin*)