

PRINT: Last Name, First Name



North Country Mission of Hope SM *Working Together to Improve Lives*

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Health Preparations and Requirements for Nicaragua Travel

The North Country Mission of Hope understands that individuals traveling have the option to not follow the recommendations put forth. However, at the same time, The North Country Mission of Hope is unwilling to accept the potential risk for others and liability for such a decision by anyone traveling with our group. Therefore, the only exclusion would be for medical reasons documented in a letter signed by your physician.

Details for health and travel requirements can be found at www.cdc.gov/travelers/destinations/nicaragua.html and should be shared with your health care practitioner.

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- Vivoif. 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 .**

Antimalarial medication is necessary for this trip. Usually, this 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. **Any 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 changes should be discussed with the lead medical person prior to travel.

For any specific concerns, please feel free to contact: **Anthony Garami, MD @ garami62@gmail.com.**

I have read, understand, and am in compliance with the Mission of Hope Health Prep and Requirements Policy for travel to Nicaragua

Signature of Mission traveler if over 18: _____

Signature of Parent/guardian for Mission traveler under 18: _____