

## Vaccination Guide

HOM encourages all team members to obtain recommended vaccinations and preventative medications prior to their mission trip. Remember that some vaccines are given several weeks in advance of travel or you may have to return several times to get all of the vaccinations needed before travel. Most vaccines are available from your primary care provider (PCP) or from a local pharmacy with a prescription from your PCP. Insurance often pays for updating routine vaccines, but may not cover vaccines specific to foreign travel. Travel clinics and health departments also offer vaccines.

The following vaccinations are recommended by the CDC; please check their web site prior to your trip for the most recent information on vaccines and preventative medications needed for travel to Haiti.

**All Travelers:** Visit your PCP (4-6 weeks) before your trip to get vaccines or medicines you may need. You should be up to date on routine vaccinations; these vaccines include measles-mumps-rubella (MMR), diphtheria-tetanus-pertussis, varicella (chickenpox) and polio vaccines, and your yearly flu shot.

**Most Travelers:** Need the following vaccines and medicines because of the risk of these diseases in Haiti.

1. Hepatitis A: 2 doses six months apart
2. Malaria - Preventative medication should be started prior to, during and after travel. There is no drug resistance in Haiti so several options are available; your PCP can help you decide which medicine is right for you.

Recommended prophylaxis: Atovaquone-proguanil (malarone) **or** chloroquine **or** doxycycline

- a. MALARONE: One tablet a day; start prophylactic treatment 1 or 2 days before entering a malaria-endemic area and continue daily during the stay and for 7 days after return.
  - b. CHLOROQUINE: One 500 mg tablet once a week, on the same day of the week: start 1 to 2 weeks before you enter Haiti, continue to take it weekly while in the area, and weekly for 4 to 8 weeks after leaving the area.
  - c. DOXYCYCLINE: One 100 mg tablet a day: start 1-2 days before travel and continue every day, at the same time, during travel for 4 weeks after the travel.
3. Typhoid –Available as an oral and injectable vaccine, the oral dose is effective for 5 years; the injectable is effective for 2 years. Your PCP can help you decide which medicine is right for you.
    - a. VIVOTIF ORAL TYPHOID (live attenuated) VACCINE: One tablet every other day for 4 doses
    - B. TYPHOID VI (Inactivated) VACCINE: one dose IM (injection)

**Some travelers:** Depending on your activity plans while in Haiti, some travelers will need to get the hepatitis B and rabies vaccines.

1. Hepatitis B – series of 3 doses, the 3<sup>rd</sup> dose given 6 months after the first. Recommended if you will have exposure to contaminated needles or blood products such as if you are volunteering medical assistance).
2. Rabies (Imovax) – series of 3 doses, the 3<sup>rd</sup> dose given 1 month after the first. Recommended for the following groups:
  - Travelers involved in outdoor and other activities (such as camping, hiking, caving, etc.) that put them at risk for animal bites
  - People who are work with animals: such as veterinarians or wildlife professionals.
  - People moving to Haiti

**NOTE: Yellow Fever:** There is no risk of yellow fever in Haiti. The Haitian government requires proof of vaccination only if you are arriving from a country with risk of yellow fever. This does not include the U.S.