

Health Precautions (as of October 1, 2008)

To find the most current travel health information, we recommend that you contact the [Center for Disease Control](#). U.K. residents may also contact the [U.K. Department of Health](#).

Your Tropical Disease Center, internist, or infection disease specialist will also be able to advise you on the most current travel health requirements. Be sure to see your doctor 4-6 weeks before your program to allow time for the immunizations to take effect.

The following is a summary of the CDC recommendations. This list is just a recommendation; most immunizations are not required, unless otherwise indicated. Pregnant women or children under the age of 12 should check with their doctors prior to any travel.

Y= Yes/recommended immunization

N/A = Not applicable

C = Consider

R = Required

	Costa Rica	China	Brazil	Ghana	India	Peru	Russia	Tanzania	Thailand	South Africa	Morocco	Guatemala
Hepatitis A or immune globulin (IG)	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y
Hepatitis B	Y	Y	Y	Y	C	Y	N/A	Y	Y	Y	Y	Y
Rabies - if you might be exposed to wild or domestic animals	C	C	Y	Y	C	Y	C	C	C	N/A	Y	C
Update on normal childhood vaccines:												
	Costa Rica	China	Brazil	Ghana	India	Peru	Russia	Tanzania	Thailand	South Africa	Morocco	Guatemala
Tetanus (booster dose)	Y	Y	Y	Y	Y	Y	Y - R	Y	Y	Y	Y	Y
Diphtheria (booster dose)	Y	Y	Y	Y	Y	Y	Y - R	Y	Y	Y	Y	Y
Measles (booster dose)	Y	Y	Y	Y	Y	Y	Y - R	Y	Y	Y	Y	Y
Mumps	N/A	N/A	Y	Y	Y	Y	N/A	N/A	N/A	Y	C	Y
Rubella (MMR vaccine)	N/A	N/A	Y	Y	Y	Y	N/A	N/A	N/A	Y	C	Y
Pertussis (DTP vaccine)	N/A	N/A	Y	Y	Y	Y	N/A	N/A	N/A	Y	C	Y
Polio vaccine	N/A	N/A	Y	Y	Y	Y	C	Y	Y	Y	Y	Y
Typhoid	Y	Y	Y	Y	C	Y	C	Y	Y	Y	Y	Y
Yellow Fever - if outside urban areas	N/A	N/A	Y - for travel to Amazon region	Y - R	N/A	Y - for travel to Amazon region	N/A	R	N/A	N/A	N/A	N/A
Meningococcal (meningitis)	N/A	N/A	N/A	Y	C	N/A	N/A	Y - R for travel to western Ethiopia	N/A	N/A	N/A	N/A
Anti-malaria medication	Y - for travel to some areas	Y - for travel to some areas	Y - for travel to some areas	Y	C	Y - for travel to Amazon region	N/A	Y	Y - for travel to some areas	N/A in Cape Town; Y for some other areas	N/A	Y - for travel to some areas
Japanese encephalitis - if traveling to rural areas for longer than 4 weeks	N/A	Y	N/A	N/A	C	N/A	N/A	N/A	Y	N/A	N/A	N/A
Cholera	N/A	N/A	N/A	N/A	C	N/A	N/A	N/A	N/A	N/A	N/A	N/A

Other Health Precautions:												
	Costa Rica	China	Brazil	Ghana	India	Peru	Russia	Tanzania	Thailand	South Africa	Morocco	Guatemala
Can I drink the tap water? <i>We provide bottled water for all volunteers in all countries.</i>	Y	N	N	N	N	N	N	N	N	Y at Home-Base; N at placements	N	N
Pay special attention to the prevention of insect bites, and use bug spray containing deet.	N/A	Y	Y - for travel to Amazon region	Y	Y	Y - for travel to Amazon region	Y - in forested areas	Y	Y	N/A	N/A	Y
Other interesting health-related tips			Red palm oil, used in local cuisine, can take getting used to		Make sure any street food you eat is well-cooked	Cocoa tea can help remedy altitude sickness	Testing for tuberculosis**, syphilis and HIV/AIDS with a doctor's signature is also required for the volunteer program	Do not handle animals or swim in fresh water				

*Two additional medical documents are required by the Russian Government, called the International Medical Statement and the Health Declaration. This document will be sent to you after you enroll in a CCS program in Russia. A doctor's signature is required as a verification that you are healthy enough to work with children and the elderly. A CCS staff member will guide you through this process.

**Mantoux Test is also acceptable in place of Tuberculosis test.

Below are a few excerpts on food and water precautions issued by the Center for Disease Control and Prevention (CDC):

To avoid illness, food should be selected with care. All raw food is subject to contamination. The traveler should be advised to avoid salads, uncooked vegetables, unpasteurized milk and to eat only food that has been cooked and is still hot, or fruit that has been peeled by the traveler. Undercooked and raw meat, fish, and shellfish may carry various intestinal pathogens. Cooked food that has been allowed to stand for several hours at ambient temperatures may provide a fertile medium for bacterial growth and should be thoroughly reheated before serving.

Some species of fish and shellfish can contain poisonous biotoxins, even when well cooked. The most common type of fish poisoning in travelers is ciguatera fish poisoning. Barracuda is the most toxic fish and should always be avoided. Red snapper, grouper, amberjack, sea bass, and a wide range of tropical reef fish contain the toxin at unpredictable times.

Memorize this phrase: "Eat hot cooked foods and fruits that you peel yourself." If it does not meet one of these criteria, don't eat it. Breads and toast that have cooled are also safe as long as they are not stored in open areas prone to flies or water.