**Chapoteau, Haiti Mission
Health and Disease Preparations**

**4-6 weeks before traveling (that means early October)** make sure you are up to date on routine vaccines: Tdap, MMR, Polio, and a yearly flu shot. Also, to travel to Haiti you must be immunized/have medication for:

* **Hepatitis A** - viral infection of the liver often spread through food or water. Full immunity requires 2 vaccines 6 months apart. Get both, but if you are traveling prior to receiving the second vaccine, know that 90% of people are protected with the first vaccine.
* **Typhoid** -also spread through food and water.
* **Anti-Malarials Prescription** – You will want to take Malarone as a preventative, and avoid being bitten by mosquitoes. Malarone should be started 1-2 days prior to travel, taken continuously during travel, and finished several days after your return.

**Additionally, preventative and emergency health measures include:**

**Bug repellant** – it is especially important to avoid being bitten, because viruses which are spread through mosquito bites are rampant in Haiti. Right now Chikungunya is an especially big concern, and there is no prevention or cure. Choose a repellant with a very high concentration of DEET, like Ultrathon, and apply every morning. Reapply if you sweat or shower.

**Emergency CIPRO** – it is a good idea to have an emergency supply of strong, broad spectrum antibiotics with you during your travel. Medical care is difficult to come by.

**Anti-diarreahal** – Pepto bismal tablets and immodium are good to have on hand.

*You must make all members of the mission team aware of any ongoing health issues that may affect your treatment if you encounter an emergency in Haiti.*