



## Immunizations & Medications Required for 2014-15 AMIGOS Participants

The following immunizations and medications are **required or strongly recommended** for all AMIGOS Volunteers and Project Staff members. AMIGOS consults our Medical Director, Medical Advisory Committee, in-country Peace Corps offices and the guidelines set out by the Centers for Disease Control and Prevention (CDC), in establishing Volunteer vaccine and medication requirements. AMIGOS will email you any updates specific to your project area and country. The cost of immunizations and medications is not covered in the participation fee.

Chicken Pox	<u>Required</u> for all Volunteers	All Volunteers are required to have proof of immunization against chickenpox, or documentation of immunity to chickenpox (Varicella IgG positive status). For persons without evidence of immunity, administer 2 doses of varicella vaccine if not previously vaccinated or the second dose if only 1 dose has been administered. The minimum interval between doses is 28 days.
Diphtheria/Tetanus/ Pertussis (DTaP)	<u>Required</u> for all Volunteers	The basic vaccine series and boosters against Diphtheria, Tetanus, and Pertussis (whooping cough) are required. <b>Adacel, the booster which includes Pertussis, must have been received within the last 10 years.</b> Please see the following link for more information: <a href="http://www.cdc.gov/vaccines/vpd-vac/tetanus/">http://www.cdc.gov/vaccines/vpd-vac/tetanus/</a>
Hepatitis A	<u>Required</u> for all Volunteers	The Hep A vaccine should be given at least two weeks before departure to the field. A booster shot of Hep A should be given 6-12 months following the initial injection (this may be administered after the summer program).
Malaria prophylaxis	<u>Required</u> for all Volunteers  In Colombia, Nicaragua, the Dominican Republic, Peru, Ecuador and Oaxaca, Mexico  <u>NOT</u> required for Volunteers in Costa Rica, Panamá, Paraguay and Yucatan,	Volunteers assigned to <b>Oaxaca, México, Nicaragua, and Dominican Republic</b> should receive <b>Chloroquine Phosphate (Aralen)</b> . The prophylaxis is in the form of oral medication taken once weekly. It should begin one week before potential exposure and continue during potential exposure and for four weeks following potential exposure. Some volunteers may have allergies, which necessitate other medication.  Volunteers in <b>Colombia, Peru and Ecuador</b> should <u>not</u> take Chloroquine due to the malaria strain in these countries being drug resistant. Volunteers are instead recommended to take <b>Atovaquone-proguanil, doxycycline, or mefloquine</b> .  <b>Doxycycline</b> (100mg a day while in country, and for 4 weeks after) is an alternative to the above malaria prophylaxis regimen and is the best choice for those individuals who are on psychotropic medications.  Please visit <a href="http://wwwnc.cdc.gov/travel/yellowbook/2014/chapter-3-infectious-">http://wwwnc.cdc.gov/travel/yellowbook/2014/chapter-3-infectious-</a>

	Mexico.	<a href="#">diseases-related-to-travel/malaria</a> for more information and additional malaria prophylaxis options. Additionally please consult your physician to ensure that these medications do not interact with other medications you might be taking.
Measles/Mumps / Rubella (MMR)	<u>Required</u> for all Volunteers	Volunteers are required to have had 2 doses of the measles vaccine. This may be either the initial MMR and 1 measles vaccination or 2 MMR vaccinations.
Polio	<u>Required</u> for all Volunteers	Volunteers are required to have completed a full series of polio vaccination. Normally, a full series is completed by entry into kindergarten/1st grade. If records of vaccination cannot be found, a booster shot of IPV is sufficient.
Tuberculosis (TB) skin test	<u>Required</u> for all Volunteers	Volunteers should inform their physician(s) that they will be living in rural or urban areas in Latin America and should have a TB skin test <b>BEFORE</b> and <u>at least 10 weeks AFTER</u> participating in the field program. Please report a positive TB skin test (along with chest x-ray results) to the AMIGOS International Office.
Typhoid Fever	<u>Required</u> for all Volunteers	Volunteers can receive either an oral vaccine (4 capsules taken over 8 days) or an injection (to be received at least three weeks before departure).
Hepatitis B	Recommended for all Volunteers	The American Academy of Pediatrics and Academy of Family Practice recommend that all adolescents be vaccinated for Hepatitis B. <b>Volunteers should discuss the Hepatitis B vaccine with their physician.</b>
Meningitis (Menactra)	Recommended for all Volunteers	<b>Please see the following link for more information:</b> <a href="http://www.fda.gov/BiologicsBloodVaccines/Vaccines/ApprovedProducts/ucm176044.htm">http://www.fda.gov/BiologicsBloodVaccines/Vaccines/ApprovedProducts/ucm176044.htm</a>
Influenza (Flu shot)	Recommended for all Volunteers	<b>Please see the following link for more information:</b> <a href="http://www.cdc.gov/flu/about/qa/flushot.htm">http://www.cdc.gov/flu/about/qa/flushot.htm</a>
Rabies	Optional for all projects	There are three vaccinations available: Human Diploid Cell Vaccine (HDVC), Rabies Vaccine Adsorbed (RVA), and Purified Chick Embryo Cell Vaccine (PCEC). These vaccines are administered on days 0, 3,7,14 and 30 as an intramuscular injection. HDVC may be administered an intradermal injection as well.  If Volunteers have been exposed to rabies will require these prophylaxes in the field (if available, otherwise they will be flown home to receive the necessary

		prophylaxis). Those who have received pre-exposure vaccination against rabies will require less immunization in the field than those who have not been immunized prior to exposure. Post exposure prevention of rabies for those who have not received pre-exposure will require use of Rabies Immune globulin (RIG) which may be difficult to obtain and possibly requires evacuation from the field. For this reason, rabies pre-exposure immunization may be appropriate for all Volunteers requesting it.
<b>Yellow Fever</b>	<u>Required</u> for all Volunteers in Colombia, Peru and Paraguay	Yellow Fever is especially endemic in Paraguay. One injection provides protection for 10 years. For further information see this link: <a href="http://wwwnc.cdc.gov/travel/destinations/traveler/none/paraguay">http://wwwnc.cdc.gov/travel/destinations/traveler/none/paraguay</a>
<b>Mosquito Netting</b>	<u>Required</u> for all Volunteers	<p>Participants must take adequate steps for protection against insects, especially to prevent against malaria and dengue. Three required prevention measures include: use of recommended repellent, wearing appropriate clothing, and mosquito nets. For more information visit:</p> <p><a href="http://wwwnc.cdc.gov/travel/yellowbook/2014/chapter-2-the-pre-travel-consultation/protection-against-mosquitoes-ticks-and-other-insects-and-arthropods">http://wwwnc.cdc.gov/travel/yellowbook/2014/chapter-2-the-pre-travel-consultation/protection-against-mosquitoes-ticks-and-other-insects-and-arthropods</a></p> <p><b><u>Insect Repellent:</u></b> AMIGOS recommends repellent with 30-50% DEET, such as Ultrathon cream.</p> <p><b><u>Clothing:</u></b> To avoid exposure to insects, AMIGOS also recommends the use of clothing with long sleeves, long pants and dresses.</p> <p><b><u>Mosquito nets:</u></b></p> <p><b>Recommended nets for all projects <u>excluding the Yucatan</u> include:</b></p> <p>(1) Circular Full Net - \$34.46 (<i>one point hanging net</i>)_ <a href="http://www.scs-mall.com/Gadabout-Treated-Mosquito-Net-Circular/productinfo/MN825T/">http://www.scs-mall.com/Gadabout-Treated-Mosquito-Net-Circular/productinfo/MN825T/</a></p> <p>(2) Mombasa Outdoor Travel Net - \$14.00 (<i>six point hanging net</i>) <a href="http://www.rei.com/product/729006">http://www.rei.com/product/729006</a></p> <p>(3) Gadabout Treated Rectangular Net- \$19.95 <a href="http://www.scs-mall.com/Gadabout-Treated-Mosquito-Net-Rectangular-Single/productinfo/MN800T/">http://www.scs-mall.com/Gadabout-Treated-Mosquito-Net-Rectangular-Single/productinfo/MN800T/</a></p> <p>(4) Long Road: Travel Tent II - \$60.00 (<i>full body pop-up net</i>)** <a href="http://www.longroad.com/products/The-Travel-Tent-II.html">http://www.longroad.com/products/The-Travel-Tent-II.html</a></p> <p>NOTE: height restrictions. Purchase longer model, if necessary. This style of</p>

		<p>mosquito net is ideal and most effective.</p> <p><b>Mosquito nets should have between 120-200 holes per square inch.</b> Nets with 200+ holes per square inch are safe, but may be warmer to sleep under. Per CDC recommendation, pre-treat your mosquito net with permetherin, if it was not pre-treated by the manufacturer, according to the manufacturer's instructions. [due to possible adverse reactions, do not use other pyrethroid chemicals] This includes pre-washing your net, if recommended. Bring sufficient supplies to hang your mosquito net in a variety of locations. This includes duct tape, lots of string/dental floss and anything else your particular model of mosquito net will need to work effectively.</p> <p><b>For Yucatán:</b> AMIGOS strongly recommends the following combination hammock/mosquito nets:</p> <p><b>Hennessey Hammocks</b> <a href="http://hennesseyhammock.com/catalog/#hammock">http://hennesseyhammock.com/catalog/#hammock</a></p> <p>These hammocks come with fine mesh mosquito self-enclosed system built in. Note: Volunteers and staff must bring fully enclosed mosquito nets (such as the Long Road: Travel Tent II listed above <a href="http://www.longroad.com/products/The-Travel-Tent-II.html">http://www.longroad.com/products/The-Travel-Tent-II.html</a> to use over the cot they bring, if they choose not to purchase a Hennessey Hammock. This net <a href="http://www.scs-mall.com/Gadabout-Treated-Mosquito-Net-Circular/productinfo/MN825T/">http://www.scs-mall.com/Gadabout-Treated-Mosquito-Net-Circular/productinfo/MN825T/</a> can be an alternative to the Long Road Travel Tent, but the combination of mosquito net and hammock does provide the most protection.</p>
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