

# Immunizations & Medications Required for Ecuador Gap Year Participants

The following immunizations and medications are **required or strongly recommended** for AMIGOS participants 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 participant 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. Due to the nature of our work and work areas we will not waive any vaccination requirements for religious or philosophical reasons.

<b>Chicken Pox</b>	<u>Required</u> for all participants	All participants 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.
<b>Diphtheria/ Tetanus/ Pertussis (DTaP)</b>	<u>Required</u> for all participants	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>
<b>Hepatitis A</b>	<u>Required</u> for all participants	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).
<b>Malaria prophylaxis</b>	<u>Required</u> for all participants	<b>Doxycycline</b> (100mg a day while traveling to the Ecuadorian coast and the Amazon Jungle, and for 4 weeks after). Participants do <b>NOT</b> need to take Doxycycline while they are in Cuenca. They will need to take this medication during program excursions or independent travel to the Ecuadorian Coast and the Amazon Jungle.  Please visit <a href="http://wwwnc.cdc.gov/travel/yellowbook/2014/chapter-3-infectious-diseases-related-to-travel/malaria">http://wwwnc.cdc.gov/travel/yellowbook/2014/chapter-3-infectious-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.
<b>Measles/ Mumps/ Rubella (MMR)</b>	<u>Required</u> for all participants	Participants 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.
<b>Polio</b>	<u>Required</u> for all participants	Participants 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.
<b>Tuberculosis (TB) skin test</b>	<u>Required</u> for all participants	Participants 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 <b>at least 10 weeks AFTER</b> participating in the field program. Please report a positive TB skin test (along with chest x-ray results) to the AMIGOS International Office.
<b>Typhoid Fever</b>	<u>Required</u> for all participants	Participants can receive either an oral vaccine (4 capsules taken over 8 days) or an injection (to be received at least three weeks before departure).
<b>Yellow Fever</b>	<u>Required</u> for all participants	Yellow Fever is endemic in the Amazon Jungle. Participants will be traveling to the Amazon during a program excursion. 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>Hepatitis B</b>	<u>Recommended</u> for all participants	The American Academy of Pediatrics and Academy of Family Practice recommend that all adolescents be vaccinated for Hepatitis B. <b>Participants should discuss the Hepatitis B vaccine with their physician.</b>
<b>Meningitis (Menactra)</b>	<u>Recommended</u> for all participants	<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>
<b>Influenza (Flu shot)</b>	<u>Recommended</u> for all participants	<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>
<b>Rabies</b>	<u>Recommended</u> for all participants	<p><i>Pre-Exposure:</i> There are three vaccinations available: Human Diploid Cell Vaccine (HDVC), Rabies Vaccine Adsorbed (RVA), and Purified Chick Embryo Cell Vaccine (PCEC). Three injections are administered over a series of days (0, 7, and 21 or 28) as an intramuscular injection. HDVCV may be administered an intradermal injection as well.</p> <p><i>Post-Exposure:</i> If participants have been potentially exposed to rabies and did not receive the vaccinations pre-exposure they will need to have human rabies immunoglobulin (HRIG) administered promptly in addition to the vaccinations administered over a series of days (Days 0, 3, 7, and 14).</p> <p>Post-exposure prevention of rabies for those who have received pre-exposure vaccines will not require use of HRIG but does require vaccinations over a shortened series of days (Days 0 and 3 only).</p> <p><i>Human Rabies Immune globulin (HRIG) and the vaccines may be difficult to obtain in the field. If the prophylaxis are not available, the participant will be flown home or to Houston to receive them.</i></p> <p>For these reasons, rabies pre-exposure immunization is recommended for all participants.</p>
<b>Mosquito Netting</b>	<u>Required</u> for all participants	<p>Participants must use mosquito nets during program excursions to the Ecuadorian Coast and the Amazon Jungle. While Cuenca is a high-altitude city with no known risk of mosquito-borne illnesses, participants must still use mosquito nets in the city to prevent spider bites and other insect bites.</p> <p><b>Recommended nets include:</b></p> <p>(1) Circular Full Net - (<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 - <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- <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 - (<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 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.</p>