

## Immunizations & Medications Required for 2018-19 AMIGOS Volunteers

The following immunizations and medications are **required or strongly recommended** for 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 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 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.
<b>Tetanus, Diphtheria and Pertussis</b>	<u>Required</u> for all volunteers	All volunteers must have had the DTaP series. <b>All volunteers must also have a booster Tdap (Adacel) within 10 years before travel.</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 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).
<b>Malaria prophylaxis</b>	<u>Required</u> for all volunteers in the Dominican Republic.  NOT required for volunteers in Costa Rica, Ecuador and Panamá	Volunteers assigned to <b>the Dominican Republic</b> should receive Chloroquine Phosphate (Chloroquine). 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. Alternative suggestions are listed below.  <i>Doxycycline</i> (100mg a day while in country, and for 4 weeks after) is one alternative to chloroquine phosphate. Those volunteers whose physicians do not recommend chloroquine may take doxycycline.  <i>Atovaquone-Proguanil</i> (One tablet of 250mg atovaquone plus 100mg proguanil a day while in country and for 7 days after) is another alternative to chloroquine phosphate. Those volunteers whose physicians do not recommend chloroquine may take atovaquone-proguanil.  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 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.
<b>Polio</b>	<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.
<b>Tuberculosis (TB) skin test</b>	<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 <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. Negative results do not need to be reported to AMIGOS.
<b>Typhoid Fever</b>	<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). It is each volunteer's decision which method of administration to receive.
<b>Hepatitis B</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>
<b>Meningitis (Menactra)</b>	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>
<b>Influenza (Flu shot)</b>	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>

<p><b>Rabies</b></p>	<p><u>Recommended</u> for all volunteers</p>	<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. HDVC may be administered an intradermal injection as well.</p> <p><i>Post-Exposure:</i> If volunteers 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><i>Human Rabies Immune globulin (HRIG) and the vaccines may be difficult to obtain in the field and if the prophylaxis are not available the participant will be flown home or to Houston to receive them.</i></p> <p><b>Volunteers should discuss this vaccine with their physician and check with their health insurance providers about coverage of the pre-exposure shots.</b></p>
<p><b>Mosquito Netting</b></p>	<p><u>Required</u> for all volunteers</p>	<p>Volunteers 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: <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 or Sawyer Ultra 30 Long Acting. Formulations with picardin are an alternative for those with skin sensitivity to DEET. <a href="http://www.consumerreports.org/insect-repellents/mosquito-repellents-that-best-protect-against-zika/">http://www.consumerreports.org/insect-repellents/mosquito-repellents-that-best-protect-against-zika/</a></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. Socks are especially important. Before you leave, for added protection consider spraying some of your outer layers of clothes with permethrin according to package directions. You can also purchase long-lasting treated clothing or send your own clothes to the factory for treatment: <a href="https://www.insectshield.com/PDF/IS%20Your%20Own%20Clothes%20-%20U.S.%20form.pdf">https://www.insectshield.com/PDF/IS%20Your%20Own%20Clothes%20-%20U.S.%20form.pdf</a></p> <p><b><u>Mosquito nets:</u></b>  <b>Recommended nets for all projects include:</b>  (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>  (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>  (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>  (4) Sea to Summit Pyramid Shelter- <a href="https://www.rei.com/product/849594/sea-to-summit-nano-mosquito-pyramid-insect-shield-net-shelter">https://www.rei.com/product/849594/sea-to-summit-nano-mosquito-pyramid-insect-shield-net-shelter</a></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 permethrin, 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>