

## Immunizations & Medications Required for Summer/Discover/YA 2019-20

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 Center for Disease Control and Prevention (CDC), in establishing volunteer vaccine and medication requirements. 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.

**Note:** The [CDC highly recommends all international travelers](https://www.cdc.gov/travel/yellowbook/2014/chapter-3-infectious-diseases-related-to-travel/malaria) make an appointment to get recommended vaccines at least 4-6 weeks in advance.

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| <b>Chicken Pox</b>                       | <u>Required</u> for all volunteers traveling to Latin America and the US  | 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 traveling to Latin America and the US  | 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 traveling to Latin America and the US  | 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 program).  |
| <b>Malaria prophylaxis</b>               | <u>Required</u> for all volunteers traveling to Colombia and the Dominican Republic<br><br><u>NOT</u> required for volunteers traveling to Costa Rica, Ecuador, Panama, Paraguay, Peru, Uruguay or the US | 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. Alternatives are listed below.<br><br>Volunteers in <b>Colombia</b> should <u>not take chloroquine</u> due to the malaria strain being drug resistant. Volunteers are instead encouraged to take <b>Atovaquone-proguanil, doxycycline, or mefloquine.</b><br><br><b>Atovaquone-Proguanil</b> (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.<br><br><b>Doxycycline</b> (100mg a day while in country, and for 4 weeks after) is an alternative to chloroquine phosphate. Those volunteers whose physicians do not recommend chloroquine may take doxycycline.<br><br><b>Please visit</b> <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 traveling to Latin America and the US  | 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 traveling to Latin America and the US  | 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 traveling to Latin America and the US  | Volunteers should inform their physician(s) that they will be living in rural or urban areas in Latin America or the US 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 <b>positive</b> TB skin test (along with chest x-ray results) to AMIGOS Headquarters. Negative results do not need to be reported to AMIGOS.   |
| <b>Typhoid Fever</b>                     | <u>Required</u> for all volunteers traveling to Latin America<br><br><u>NOT</u> required for all volunteers traveling to the US   | 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>                       | <u>Recommended</u> for all volunteers traveling to Latin America and the US   | 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>   |

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| <p><b>Meningitis (Menactra)</b></p> | <p><u>Recommended</u> for all volunteers traveling to Latin America and the US</p>  | <p><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></p>   |
| <p><b>Influenza (Flu shot)</b></p>  | <p><u>Recommended</u> for all volunteers traveling to Latin America and the US</p>  | <p><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>   |
| <p><b>Rabies</b></p>                | <p><u>Recommended*</u> for all volunteers traveling to Latin America</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). Please, consider the time necessary to complete vaccination and plan accordingly. <i>Three injections are administered over a series of days (0, 7, and 21 or 28)</i> as an intramuscular injection. HDCV may be administered an intradermal injection as well.</p> <p><i>Post-Exposure:</i> If volunteers have been 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><b>*Human Rabies Immune globulin (HRIG) and the vaccines may be difficult to obtain in the field and if the prophylaxis are not available the volunteer will be flown home or to Houston to receive them.</b></p> <p>*For these reasons, rabies pre-exposure immunization is recommended for all volunteers.</p> <p>Volunteers should discuss this vaccine with their physician and check with their health insurance providers about coverage of the pre-exposure shots.</p>  |
| <p><b>Yellow Fever</b></p>          | <p><u>Required</u> for all volunteers traveling Colombia and Paraguay.</p> <p><u>NOT</u> required for volunteers traveling to Costa Rica, Ecuador, Panama, Paraguay, Peru, Uruguay or the US.</p> | <p>Yellow Fever is especially endemic in these countries. One injection provides protection for 10 years. For further information see this link: <a href="https://wwwnc.cdc.gov/travel/yellowbook/2018/infectious-diseases-related-to-travel/yellow-fever">https://wwwnc.cdc.gov/travel/yellowbook/2018/infectious-diseases-related-to-travel/yellow-fever</a></p> <p>Yellow fever vaccine availability in the United States is currently limited. If you need to be vaccinated before your trip, you may need to travel some distance and schedule your appointment well in advance. <a href="#">Find the clinic nearest you.</a></p> <p>If you receive the Yellow fever vaccine, plan to carry the documentation (a yellow booklet given to you at the time of the vaccination) with your travel documents.</p>   |
| <p><b>Mosquito Netting</b></p>      | <p><u>Required</u> for all Discover and Summer Immersion volunteers</p> <p><u>NOT</u> required for all Youth Ambassadors</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>Insect Repellent:</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-repellants/mosquito-repellents-that-best-protect-against-zika/">http://www.consumerreports.org/insect-repellants/mosquito-repellents-that-best-protect-against-zika/</a></p> <p><b>Clothing:</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>Mosquito nets:</b><br/> <b>Recommended nets for all projects include:</b><br/> (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><br/> (2) 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.</p> <p><b>Per CDC recommendation, pre-treat your mosquito net with permethrin,</b> 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 enough</p> |

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|  |  | supplies to hang your mosquito net in a variety of locations. This includes duct tape, lots of string/dental floss and anything else your model of mosquito net will need to work effectively. |
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