**Medical Information El Salvador Trip July 2016**

**SUMMARY**

**1. Don’t forget to follow the “rules” for taking in only food and water provided by our host**

**2. Arm yourself with the over-the-counter (non-prescription) items: See below**

**3. Come ready to protect yourselves from the sun and mosquitoes: See emailed attachments**

**4. Come prepared with medication for the treatment of Traveler’s Diarrhea**

**5. Check your vaccination status: See below**

**Over-the-Counter (OTC) Medications to Take Along**

Acetaminophen (e.g., Tylenol) 325 or 500 mg strength for pain or fever

Ibuprofen 200 mg for pain or fever

Hydrocortisone 0.5% or 1% cream or ointment 28gm tube for skin irritation

Miconazole antifungal 2% cream (e.g., Lotrimin/Monistat) for fungal skin infections

Triple antibiotic (bacitracin/neomycin/polymyxin B) cream (e.g., Neosporin) for minor skin infections

Visine eye solution (tetrahydrozoline 0.05%) for eye irritation

Antacids (Rolaids, Mylanta, Pepcid, Maalox, Tums) for upset stomach

Loperamide (Imodium A-D) for Traveler’s Diarrhea

Cough drops

Cough, cold and allergy medications that you usually use

Moisturizing lotions or creams or Vaseline

Band-Aids

Mosquito repellent (see emailed attachments)

Sunscreen and lip balm (see emailed attachments)

Hand Sanitizer

**TRAVELERS DIARRHEA – TAKE PRESCRIPTION TREATMENT ALONG**

**●The Best Prophylaxis is Achieved with Clean Water and Food. In general antibiotic prophylaxis is not recommended for trips such as ours. If you think you have a specific reason for taking antibiotic prophylaxis please check with us or with your personal physician. However, everyone should have prescription medication along for TREATMENT in case you do get sick.**

**●Prescription Oral Medications for Treatment of Travelers Diarrhea**

**Ciprofloxacin 500 mg twice daily for 3 days, - 6 tablets (500 mg each) OR Azithromycin 500 mg daily for 1-3 days. 6 tablets (250 mg each)**

**VACCINE PREVENTABLE ILLNESSES**

Make sure that you are up to date with your routine vaccines including MMR, Tdap, polio, and varicella, and Hepatitis B.

**HEPATITIS A**

This vaccine is recommended for travelers to El Salvador. It has been a routine childhood vaccine since 2005, so many high school kids should have received hepatitis A vaccination in the past and are immune. You can check your vaccine records. If you haven’t received it, you should be vaccinated before the trip. Many adults may have had mild disease when younger and be immune. However, some adults may not be immune. If an adult hasn’t received the vaccine, s/he should be vaccinated prior to the trip.

**Hepatitis A vaccine is administered once and repeated 6-12 months later. It should be started at least 2 weeks before travel.**

<http://wwwnc.cdc.gov/travel/diseases/hepatitis-a>

**TYPHOID FEVER**

Most episodes (80%) of typhoid fever are from infection with Salmonella enterica Typhi. The remainder is caused by 3 types of paratyphi, for which there is no vaccine. **The infection is from contaminated food and water** and one is best protected with clean food and water. Effective treatment is provided with Cipro or Zithromax.

Vaccination is recommended for travel to El Salvador. The most common vaccine is Vivotef, an oral capsule that is taken every other day for 4 doses at least 2 weeks before travel. A shot is also available.

<http://wwwnc.cdc.gov/travel/diseases/typhoid>

**MOSQUITO-BORNE ILLNESSES**

Multiple illnesses can be transmitted by mosquitoes that are endemic to El Salvador including Dengue, Chikungunya, Malaria, and Zika. We will be there during Rainy season, so mosquitoes may be present. We will use mosquito nets at night, and recommend frequent application of mosquito repellent during the day. See email attachments for more information. The past few years the area we will be in has experienced drought, so it’s possible the risk will be less than at some times. No prophylaxis is recommended in our area for Malaria.

Zika information:

<http://www.cdc.gov/zika/index.html> is the portal for the most up to date information.

Other Mosquito information: <http://www.cdc.gov/features/stopmosquitoes/index.html>

<https://www.youtube.com/watch?v=5eY2XTQegPM> CDC YouTube Re: Dengue & Chikungunya.

**Other** possible illnesses: Giardia, other parasitic infections, scabies may not be recognized until after you return.