

Vaccinations Needed

Immunizations -- You are required to have an up to date **Tetanus** (valid for ten years). If you desire, you can also have **Hepatitis A and B vaccines**. Please consult your physician or local health department regarding these or any other recommended immunization. You can visit the Center for Disease Control Website for further information.

Malaria Prophylaxis -- Malaria is a common tropical disease and is found in Haiti. The normal prevention treatment is the administration of chloroquine, which is taken **two weeks prior to departure and weekly thereafter until four weeks after returning from Haiti**. Please consult your physician or local health department regarding the prevention of malaria. Consult your physician for details.

Physical Condition -- **It is recommended that a complete physical examination be obtained before departure. The climate in Haiti is tropical. Travel around the Christianville area requires a lot of walking, and there is a lot of physical activity. One must be able to tolerate high daytime temperatures as well as exposure to direct sunlight.** *If you have a heart condition, diabetes or are pregnant we need to be informed. Please email Amy with those conditions so our medical staff will be informed. If you have any illness that can have a potentially life threatening complication, you need to understand that it takes up to a day to arrange a medical evacuation and that the medical facilities in Haiti are not adequate for emergencies.*

Medications -- If you take medications, be sure to take enough with you to last the entire trip, plus a few extra days. Please carry with you a list of all medications, listing dosage, frequency, and other directions. Medical identification (tags, bracelet, card, etc.) must be carried by individuals who have a chronic illness such as heart condition, hypertension, or diabetes.

Health Restrictions

We ask if you are pregnant that you not come to CVF. We also request that if you have chronic health concerns please consult your physician before deciding to come to CVF. Please know that there is NO ER or hospital in the event of an emergency.