

January
1, 2019

[TRAVELING TO
AFRICA]

Medications:

- **Ibuprofen (Motrin)**
PRN every 8 hours for fever / pain
- **Acetaminophen (Tylenol)**
PRN every 4 hours for fever / pain
- **Hydrocortisone (cream or ointment) 1%**
Apply to affected skin of mosquito bite area PRN
- **Dimetapp DM**
PRN for cough
- **Immodium**
PRN for diarrhea
- **Pedialyte solution**
PRN if experiencing diarrhea
- **OFF Mosquito repellent**
PRN use as needed, reapply every 4hrs while outdoors

Vaccines:

- **Typhoid (IM)**
Ages 2yrs+, every 2 years
- **Yellow Fever**
Ages 6mos+, every 10 years
- **Hep A**
Ages 12mos+, 2 doses, 6 mos apart
- **MMR**
Ages 9mos+

****Prophalaxis Rx Malaria****

- **Mefloquine (weekly)**
- **Malarone (daily)**

Take before and continue until return

Trip recommendations:

1. Drink plenty of water (bottled water recommended).
2. Wash thoroughly all fresh fruits and vegetables with bottled water prior to consumptions.
3. Avoid salads prepared outside of home.