Travel Recommendations

Anguilla (U.K.)
Antigua and Barbuda
Aruba
The Bahamas
Barbados
Bermuda (U.K.)
Cayman Islands (U.K.)

Cuba
Dominica
Dominican Republic
Grenada
Guadeloupe
Haiti
Jamaica

Martinique (France)
Montserrat (U.K.)
Netherlands Antilles
Puerto Rico (U.S.)
Saint Kitts and Nevis
Saint Lucia
Saint Vincent and the Grenadines
Trinidad and Tobago
Turks and Caicos Islands (U.K.)
British Virgin Islands
US Virgin Islands

Recommended Travel Vaccines

☐ Hepatitis A
☐ Typhoid
☐ Rabies: Consider for high risk travel or long term/frequent travel to low/medium resource countries.
☐ Yellow Fever Vaccine:
  o Recommended for Trinidad
  o Generally not recommended for travelers whose itinerary is limited to the urban areas of Port of Spain, cruise ship passengers who do not disembark from the ship, and airplane passengers in transit.
  o Not recommended for travelers whose itineraries are limited to the island of Tobago.

Malaria Prophylaxis:
☐ Chloroquine: One 500mg tablet once a week; start one week before travel to region with malaria, take every week while at risk, and for four weeks after leaving at risk area.

Medications:

Traveler’s Diarrhea:
☐ Ciprofloxacin: One 500 mg tablet twice daily for 1-3 days.

Non-Vaccine Preventable Diseases:

Avoid Bug Bites to Protect against:

Dengue
• Risk in urban and residential areas.
• Leading cause of febrile illness among travelers returning from Caribbean, South America, and South and Southeast Asia

Chikungunya
• Mosquitoes carrying disease bite during the day and night, both indoors and outdoors, and often live around buildings.

See General Travel Advice for more information on personal safety and security, food and water precautions, malaria and how to avoid bug bites.

Routine Vaccines:

☐ Influenza vaccine
☐ Tetanus booster: Tdap or Td
☐ Hepatitis B vaccine
☐ TB Test: if length of stay is 6 weeks or longer; test should be done 12 weeks after return. Consider two step PPD before travel if in high risk environment, such as hospitals.

For the Most Up To Date Information:

Centers for Disease Control Travelers’ Health: http://wwwnc.cdc.gov/travel/
State Department (Travel Alerts and Warnings): http://travel.state.gov/
Travel Registration with Embassies: https://step.state.gov/step/
State Department Smart Travel for Students Abroad: http://studentsabroad.state.gov/

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