Travel Recommendations

**TROPICAL SOUTH AMERICA**

- Bolivia
- Brazil
- Colombia
- Ecuador
- French Guiana (France)
- Guyana
- Paraguay
- Peru
- Suriname
- Venezuela

**Recommended Travel Vaccines**

- **Hepatitis A**
- **Typhoid**
- **Rabies vaccine**: consider for long term/frequent travel to low/medium resource countries
- **Yellow Fever vaccine**: see CDC recommendations for yellow fever vaccine in tropical South America.

**Malaria Risk**

- **Venezuela**: Rural areas of the following states: Amazonas, Anzoátegui, Apure, Bolívar, Delta Amacuro, Monagas, Sucre, and Zulia. Present in Angel Falls. None in city of Caracas and Margarita Island.

For parts of Paraguay at risk for malaria:

- **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.

For parts of Tropical South America (except Paraguay) at risk for malaria:

- **Malarone**: One tablet once daily; start one to two days before travel to region with malaria, every day while in at risk area, and for 7 days after leaving at risk area.
- **Doxycycline**: One 100mg once daily; start one to two days before travel to region with malaria, every day while in at risk area, and for 28 days after leaving at risk area.

**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.

**Medications:**

**Traveler’s Diarrhea:**

- **Ciprofloxacin**: One 500 mg tablet twice daily for 1-3 days.

**Malaria Risk**

- **Bolivia**: All areas <2,500 m (8,202 ft). None in the city of La Paz.
- **Brazil**: States of Acre, Amapá, Amazonas, Mato Grosso, Maranhão, Para, Rondónia, Roraima, and Tocantins. Also present in urban areas, including cities such as Belem, Boa Vista, Macapá, Manaus, Maraba, Porto Velho, and Santarem. No transmission at Iguazu Falls.
- **Colombia**: All areas <1,700 m (5,577 ft). None in Bogotá and Cartagena.
- **Ecuador**: All areas <1,500 m (<4,921 ft). Not present in the cities of Guayaquil and Quito or the Galápagos Islands.
- **French Guiana**: All areas, except none in the city of Cayenne or Devil’s Island (Ile du Diable).
- **Guyana**: All areas <900 m (2,953 ft). Rare cases in the cities of Amsterdam and Georgetown (mosquito avoidance in these cities).
- **Paraguay**: Present in the departments of Alto Paraná, Caaguazú, and Canendiyú
- **Peru**: All departments <2,000 m (6,561 ft), including the cities of Iquitos and Puerto Maldonado. None in Lima province and coast south of Lima, and none in the cities of Ica and Nazca. None in the highland tourist areas (Cuzco, Machu Picchu, and Lake Titicaca) and southern cities of Arequipa, Moquegua, Puno, and Tacna.
- **Suriname**: Present in provinces of Brokopondo and Sipaliwini. (Rare cases in Paramaribo: mosquito avoidance only)
Avoid Bug Bites to Protect against:

- **Dengue**
  - Risk in urban and residential areas.

- **American Trypanosomiasis (Chagas disease)**
  - Risk to travelers is extremely low
  - Higher risk if staying in poor quality housing
  - Spread by the droppings of “kissing” bugs, not the bug bite

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

For the Most Up To Date Information:

- **State Department (Travel Alerts and Warnings)**: [http://travel.state.gov/](http://travel.state.gov/)
- **Travel Registration with Embassies**: [https://step.state.gov/step/](https://step.state.gov/step/)
- **State Department Smart Travel for Students Abroad**: [http://studentsabroad.state.gov/](http://studentsabroad.state.gov/)

### Altitude Illness

The symptoms of altitude illness can range from benign to severe, but are preventable with gradual acclimatization and/or acetazolamide. Altitude illness can markedly impair a traveler and prevent enjoyment of the destination. It is more of a risk for travelers who fly or drive directly to higher altitudes, since gradual acclimatization cannot occur.

High altitude destinations in tropical South America:
- Quito, Ecuador (2800 m; 9200 ft)
- Cuzco, Peru (3400 m; 11,150 ft)
- Lake Titicaca, Peru (3800m, 12,500 ft)
- La Paz, Bolivia (3444 m; 11,300 ft)

Locals refer to altitude illness as soroche, and offer a cup of mate de coca, which may help some travelers. There is no data available to support its use in prevention or treatment of symptoms. However, people who drink coca tea will test positive for cocaine metabolites on drug screens for a short time.

If visiting Machu Picchu, consider arranging your itinerary from low altitude to high altitude. Lima is at sea level on the Pacific Coast, so there will be no adjustment to altitude. Most itineraries involve transit through Cuzco. Alternatives to sleeping in Cuzco after arriving on a flight are:
- Travel on to the Amazon rain forest
- Descend to the Valle Sagrado (2900m, 9700ft) on the Rio Urubamba. One can then travel to Machu Picchu (2400m, 7900ft) via Ollantaytambo (2700m, 9100ft), and then finally on to Cuzco (3400 m; 11,150 ft).
- Travel to Arequipa (2300m/7500ft) for a few days before land transportation to Cuzco

Make sure you are well hydrated, and avoid alcohol while adjusting to altitude.

Acetazolamide is recommended for travelers flying directly to Cuzco, Peru or La Paz, Bolivia. It can be considered for prophylaxis for travel to Quito, Ecuador, or can be started if symptoms develop.

- **Acetazolamide (125 mg twice daily)**: start 24 hours before ascent and continue daily for two or more days. May cause increased urination and numbness in extremities. **Caution with sulfa allergy.**

### Recommended Travel Vaccines

- **Yellow Fever vaccine (cont’d):**
  - Generally not recommended for travel limited to high altitude and travel west of the Andes
  - Recommended for the Amazon and Iguassu Falls on the border of Brazil and Argentina
  - Recommended for parts of Bolivia, Brazil, Columbia, Ecuador, Paraguay, Peru and Venezuela
  - Recommended for all of French Guiana, Guyana, and Suriname.

- **Acetazolamide (125 mg twice daily)**: start 24 hours before ascent and continue daily for two or more days. May cause increased urination and numbness in extremities. **Caution with sulfa allergy.**

For the Most Up To Date Information:

- **State Department (Travel Alerts and Warnings)**: [http://travel.state.gov/](http://travel.state.gov/)
- **Travel Registration with Embassies**: [https://step.state.gov/step/](https://step.state.gov/step/)
- **State Department Smart Travel for Students Abroad**: [http://studentsabroad.state.gov/](http://studentsabroad.state.gov/)