Travel Recommendations

Benin    Mali
Burkina Faso    Mauritania
Cape Verde    Niger
Côte d’Ivoire    Nigeria
Gambia    Saint Helena (U.K.)
Ghana    São Tomé and Príncipe
Guinea    Senegal
Guinea-Bissau    Sierra Leone
Liberia    Togo

Medications:

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

Malaria Risk:
Risk exists for all areas in West Africa, except no risk Cape Verde and Saint Helena

Malaria Prophylaxis:
☐ 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

Recommended Travel Vaccines

☐ Hepatitis A
☐ Typhoid
☐ Yellow Fever vaccine for all areas, except for Cape Verde, Saint Helena, Sao Tome and travel limited to Sahara Desert.
☐ Meningococcal vaccine for Benin, Burkina Faso, Côte d’Ivoire, Gambia, Ghana, Guinea, Guinea-Bissau, Mali, Niger, Nigeria, Senegal, Togo (December-June).
☐ Polio vaccine one time adult booster for Benin, Niger, Nigeria.
☐ Rabies vaccine: consider for high risk travel or long term/frequent travel to low/medium resource countries

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.
African sleeping sickness
(African trypanosomiasis)
• Transmitted by tsetse fly, which bite during the day and are attracted to bright, dark colors and can bite through lightweight clothing.
• Increased risk with outdoor activities and at game parks.
• Not a risk in urban areas.

African Tick-Bite Fever
• Increased risk with game hunting, travel to Southern Africa and during warmer months.

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.

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/