Travel Recommendations

Anguilla (U.K.)  Cuba  Martinique (France)  Grenadines
Antigua and Barbuda  Dominica  Montserrat (U.K.)  Trinidad and Tobago
Aruba  Dominican Republic  Netherlands Antilles  Turks and Caicos Islands
The Bahamas  Grenada  Puerto Rico (U.S.)  (U.K.)
Barbados  Guadeloupe  Saint Kitts and Nevis  British Virgin Islands
Bermuda (U.K.)  Haiti  Saint Lucia  US Virgin Islands
Cayman Islands (U.K.)  Jamaica  Saint Vincent and the

Medications:

TRAVELERS’ DIARRHEA
☐ Ciprofloxacin: One 500 mg tablet twice daily for severe symptoms; stop when symptoms resolved
☐ Imodium OTC: One to two tabs as needed for mild-moderate symptoms

MALARIA RISK: see CDC website
☐ Insect Precautions only
☐ 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.

Recommended Routine Vaccines:
REC  UTD (up to date)
☐ ☐ Influenza vaccine
☐ ☐ Tetanus: Tdap/Td (Last dose: ______)
☐ ☐ Hepatitis B vaccine
☐ ☐ TB Testing: for health care workers

Recommended Travel Vaccines
REC  UTD (up to date)
☐ ☐ Hepatitis A
☐ ☐ Typhoid
☐ ☐ Rabies
☐ ☐ Yellow Fever Vaccine (Trinidad)

Non-Vaccine Preventable Diseases:
Avoid Bug Bites during Day and Night:
Dengue
Zika
Chikungunya

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/

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