Travel Recommendations

Angola  Cameroon  Central African Republic  Chad  Republic of the Congo (Congo-Kinshasa)  Democratic Republic of the Congo (Congo-Kinshasa)  Equatorial Guinea  Gabon  South Sudan  Sudan  Zambia

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 symptom

**MALARIA RISK: risk in all areas**
- ☐ 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.

**Recommended Routine Vaccines:**

<table>
<thead>
<tr>
<th>REC</th>
<th>UTD (up to date)</th>
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<tbody>
<tr>
<td>☐ ☐</td>
<td>Influenza vaccine</td>
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<tr>
<td>☐ ☐</td>
<td>Tetanus: Tdap/Td (Last dose: ______)</td>
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<tr>
<td>☐ ☐</td>
<td>Hepatitis B vaccine</td>
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<td>☐ ☐</td>
<td>TB Testing: for health care workers</td>
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**Recommended Travel Vaccines**

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<td>Rabies</td>
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<td>☐ ☐</td>
<td>Yellow Fever Vaccine (see CDC)</td>
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<td>Meningitis (see CDC)</td>
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Non-Vaccine Preventable Diseases:

Avoid Bug Bites Day and Night to Protect against:
- Dengue
- Chikungunya

**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.

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/)

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Updated July 27, 2016