Travel Recommendations

Belize  Honduras
Costa Rica  Mexico
El Salvador  Nicaragua
Guatemala  Panama

Recommended Travel Vaccines

<table>
<thead>
<tr>
<th>Vaccine</th>
<th>REC</th>
<th>UTD (up to date)</th>
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<tbody>
<tr>
<td>☐  ☐ Hepatitis A</td>
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<tr>
<td>☐  ☐ Typhoid</td>
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<tr>
<td>☐  ☐ Rabies</td>
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<tr>
<td>☐  ☐ Yellow Fever Vaccine (Panama)</td>
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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.
☐ 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.

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

American Trypanosomiasis (Chagas disease)
• Risk to travelers is extremely low
• Higher risk if staying in poor quality housing

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

Recommended Routine Vaccines:

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<tr>
<td>☐  ☐ Influenza vaccine</td>
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<td>☐  ☐ Tetanus: Tdap/Td (Last dose: ______)</td>
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<tr>
<td>☐  ☐ Hepatitis B vaccine</td>
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<tr>
<td>☐  ☐ TB Testing: for health care workers</td>
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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/

Updated July 18, 2016