Travel Recommendations

Middle East

Bahrain  Jordan
Cyprus  Kuwait
Iran  Lebanon
Iraq  Oman
Israel including West Bank and Gaza  Qatar
Syria  Saudi Arabia
Turkey  United Arab Emirates
Yemen

Recommended Travel Vaccines

<table>
<thead>
<tr>
<th>Vaccine</th>
<th>UTD (Up to Date)</th>
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<tbody>
<tr>
<td>Hepatitis A</td>
<td>☐</td>
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<tr>
<td>Typhoid</td>
<td>☐</td>
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<tr>
<td>Rabies</td>
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<tr>
<td>Meningitis (required for the Hajj)</td>
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</tbody>
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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.

**Recommended Routine Vaccines**

- **Influenza vaccine**
- **Tetanus: Tdap/Td (Last dose: ______)**
- **Hepatitis B vaccine**
- **TB Testing: for health care workers**

Non-Vaccine Preventable Diseases:

**MERS: Middle East Respiratory Syndrome**

Practice good personal hygiene (handwashing, close contact with sick people)

Avoid physical contact with wild or farm animals and camels

Avoid the consumption of camel products (in particular, unpasteurized milk, undercooked meat, and urine)

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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