Travel Recommendations

Botswana  Swaziland
Lesotho  Zimbabwe
Namibia  South Africa

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: see CDC
☐ Insect Precautions only
☐ 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:
REC  UTD (up to date)
☐ ☐ Influenza vaccine
☐ ☐ Tetanus: Tdap/Td (Last dose: ______)
☐ ☐ Hepatitis B vaccine
☐ ☐ TB Testing: for health care workers

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.
• 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/

MALARIA RISK: see CDC

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