Travel Recommendations

Bolivia  Brazil  Colombia  Ecuador  
French Guiana (France)  Guyana  Paraguay  Peru  Suriname  Venezuela

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 Travel Vaccines

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<th>Vaccine</th>
<th>REC</th>
<th>UTD (up to date)</th>
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<tr>
<td>☐  ☐ Hepatitis A</td>
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<td>☐  ☐ Yellow Fever Vaccine</td>
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ALTITUDE ILLNESS

The symptoms of altitude illness can range from benign to severe, but are preventable with gradual acclimatization and/or acetazolamide. Altitude illness can markedly impair a traveler and prevent enjoyment of the destination. It is more of a risk for travelers who fly or drive directly to higher altitudes, since gradual acclimatization cannot occur.

High altitude destinations in tropical South America:
- Quito, Ecuador (2800 m; 9200 ft)
- Cuzco, Peru (3400 m; 11,150 ft)
- Lake Titicaca, Peru (3800m, 12,500 ft)
- La Paz, Bolivia (3444 m; 11,300 ft)

Locals refer to altitude illness as soroche, and offer a cup of mate de coca, which may help some travelers. There is no data available to support its use in prevention or treatment of symptoms. However, people who drink coca tea will test positive for cocaine metabolites on drug screens for a short time.

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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<td>☐  ☐ Hepatitis B vaccine</td>
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<td>☐  ☐ TB Testing: for health care workers</td>
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If visiting Machu Picchu, consider arranging your itinerary from low altitude to high altitude. Lima is at sea level on the Pacific Coast, so there will be no adjustment to altitude. Most itineraries involve transit through Cuzco. Alternatives to sleeping in Cuzco after arriving on a flight are:

- Travel on to the Amazon rain forest
- Descend to the Valle Sagrado (2900m, 9700ft) on the Rio Urubamba. One can then travel to Machu Picchu (2400m, 7900ft) via Ollantaytambo (2700m, 9100ft), and then finally on to Cuzco (3400 m; 11,150 ft).
- Travel to Arequipa (2300m/7500ft) for a few days before land transportation to Cuzco.

Make sure you are well hydrated, and avoid alcohol while adjusting to altitude.

Acetazolamide is recommended for travelers flying directly to Cuzco, Peru or La Paz, Bolivia. It can be considered for prophylaxis for travel to Quito, Ecuador, or can be started if symptoms develop.

☐ Acetazolamide (125 mg twice daily):
   start 24 hours before ascent and continue daily for two or more days. May cause increased urination and numbness in extremities. Caution with sulfa allergy.

Non-Vaccine Preventable Diseases:

Avoid Bug Bites during the Day and Night:
- Dengue
- Zika
- Chikungunya

American Trypanosomiasis (Chagas disease)
- Risk to travelers is extremely low
- Higher risk if staying in poor quality housing
- Spread by the droppings of “kissing” bugs, not the bug bite

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/