

## IMMUNIZATIONS

\*Additional information is available at:

1) [www.cdc.gov](http://www.cdc.gov)

2) Affinity Travel Clinic 727 - 4475

\*and, you can contact your doctor's office for vaccines.

- A. **Tetanus/diphtheria** vaccine - good for 10 years. \*this is highly recommended for all of our volunteers!
  
- B. **Hepatitis A.** It should be given at least two weeks (preferably four weeks or more) before departure. A booster should be given 6-12 months later to confer long-term immunity. Good for a lifetime.
  
- C. **Hepatitis B.** Vaccine series. Good for a lifetime.
  
- D. **Typhoid** vaccine. Oral form consisting of 4 tablets. Good for 5 years.
  
- E. **Malaria Prophylaxis** - Chloroquine 500mg One tablet a week starting 1 week prior to leaving. One a week while in the DR / Haiti and one a week for 4 weeks after returning home.

You want to make sure your "tetanus" shot is up to date.

The other vaccines / tablets on this list are "up to you".....some of our volunteers have taken them, others have not.

The accommodations at Sister María's house have screens on the windows; Fr. Mike has mosquito netting available in the bedrooms.

Basic medications, etc. are available in the communities where you will be staying.

Take basic care as to what you are drinking / eating ...basic hygiene is the rule.