



## Traveler's Info- Dr. Rux

**1)** At least 6 months before you travel, you need to figure out your immunization status and what you might need. Contact your physician or local health department and get a Blue Card or updated immunization record to use as a reference.

**2)** Go to [CDC.gov](http://CDC.gov) and click the travelers' health tab. Once there, you can put in your destination. Ex. India- it will discuss the minimum immunizations you need to travel- like Hepatitis A and B and Typhoid, and then have options if you are going to a certain area that is high risk for other illnesses- like rabies or malaria. It also has some great info on things you need to bring and some good recommendations for how to protect yourself from an infectious health perspective. Malaria medication is not recommended unless there are cases of Malaria in the region you are traveling to.

**3)** Once you figure out what you need {COTW can help with locations of the orphanage and where you will be flying in and out of), then go to the website for the Travelers' Health Center at USA at [www.usahealthsystem/travlers-health](http://www.usahealthsystem/travlers-health). This has the contact numbers for an appointment and they will get you all set up for what you need.

**4)** Things you will need to bring: Any prescription medications, Motrin 200 mg tablets and Children's Motrin 100mg/ 5ml, Meclizine 25mg Chewable Tablets, hand sanitizer, Clorox wipes, insect spray with at least 20% DEET {ex. Coleman Camping Store in Foley}, Children's Benadryl, and Chewable Pepto -Bismol, Health insurance information, proof of vaccination, family emergency contact info and copies of any prescriptions.

**5)** Things to do.....or not do! Wipe down every surface you might touch and use hand sanitizer aggressively. Assume every surface has a new bacteria or virus that your body has never seen and try to avoid getting sick. Use bug spray when out for a long time- especially in monsoon season in India- will have about 4 hours of protection.

**6)** Eat and drink safely- Unclean food and water can cause travelers' diarrhea and other diseases. Reduce your risk by sticking to safe food and water habits.

### **Eat**

Food that is cooked and served hot, hard-cooked eggs, fruits and vegetables you have washed in clean water or peeled yourself, or pasteurized dairy products.

### **Don't Eat**

Food served at room temperature, food from street vendors, raw or soft-cooked (runny) eggs, raw or undercooked (rare) meat or fish, unwashed or unpeeled raw fruits and vegetables, unpasteurized dairy products, "Bushmeat" (monkeys, bats, or other wild game)



## Drink

Bottled water that is sealed, water that has been disinfected, ice made with bottled or disinfected water, carbonated drinks, hot coffee or tea, pasteurized milk.

## Don't Drink

Tap or well water, ice made with tap or well water, drinks made with tap or well water (such as reconstituted juice), unpasteurized milk

**7)** Once you have your child- a few things: teach good use of hand sanitizer and wipes. Also, a lot of these kids have never been in a car or on a plane and can have motion sickness. Use the meclizine 25 mg chewable-½ tablet 30 minutes before you move and then every 4 hours as needed. If you have motion sickness, take 1 whole tablet of meclizine. Also- if the child is in pain for any reason, can give the Children's Motrin. Dosing is ½ tsp for 12- 20 lbs, 1 tsp for 20- 35 lbs and 1 ½ tsp for greater than 35 lbs. If there are any bites/ hives or other reactions, you can have 2 tsp Benadryl and the child can have a ½ tsp of Benadryl every 8 hours as needed. If you diarrhea or upset stomach, you can take 6 chewable Pepto Bismol tablets and the child can have 3 chewable Pepto Bismol tablets.

**8)** What to look for when you get back for you or your child. Any fever, vomiting, diarrhea, excessive sleepiness and unable to wake up, productive cough with fever, rapid breathing, etc. The Traveler's Clinic or ER at USA Women and Children's can be a useful resource for immediate care until can get established with a pediatrician.

## Travel Medications

Motion sickness- Dramamine, Transderm Scop or Bonine Diarrhea- Immodium and Prescription for traveller's diarrhea Nausea- Prescription Zofran

First aid- antibiotic ointment, bandages

Aspirin 81 mg per day- check with your physician first Sleep aids- melatonin, Benadryl or prescription Birth control

Tylenol and Ibuprofen

Pedialyte, or if older alternate popsicles or Sprite and broth

## Rehydration Packets

**1 tsp sugar**

**1 pinch salt**

**8 oz. water**

**Bring the sugar and salt in zip lock bags to add to your own bottled water in the event you get sick.**