



...together making a difference in Africa...

## Health Tips

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Review these tips carefully and take necessary action as part of your preparation for the summer mission trip. None of the suggestions here is intended to replace your doctor's advice. Please consult your health professional for your specific personal condition.

### BEFORE THE TRIP

- Contact your doctor to determine what vaccines you need well in advance:
  - Some vaccines require 2 or more shots several weeks or months apart.
  - Some combinations of vaccine shots can't be taken at the same time.
  - Countries have different requirements
- If traveling to a malaria-infested area, take prophylactic malaria treatment a few weeks before the trip, depending on your doctor's prescription.
- Plan ahead for high-cost vaccines. For example Hepatitis B could cost over \$100 and is recommended, especially when there is a possibility of working with medical teams. Yellow fever vaccine could be as high as \$75.
- Everybody should have had tetanus shots within last 7 years.
- Team members are encouraged to provide voluntary health info to the team leader if they consider it appropriate.
- We advice you put together a First-Aid pouch containing: your prescription medication, if any, Bandages, Iodine, Tylenol, Imodium, Anti-nausea, Pepto-Bismol etc.

### FINAL PLANS FOR THE TRIP

- Plan early so you have a few days before the trip to rest. Get plenty of rest before the trip so you can be well rested.
  - A different culture, climate, and language along with hard work will require you to be well rested.
- To boost your immune system, consider taking vitamins supplements before and during the trip. As always, the best protection is a healthy diet.

## DURING THE TRIP

- Plan to be adaptable; you are going to a foreign country.
- It is advisable not to drink tap water, even in areas with good water. All water has bacteria in it, including water in the U.S. but we aren't used to the bacteria in foreign countries.
- Fruits: eat only the peel-able type. The health departments usually advise to peel it, cook it, boil it or forget it.
- Diarrhea/constipation may occur if you make sudden changes to your eating/drinking habits, e.g. not drinking hardly any water on the trip for fear of falling ill. Drink plenty of purified water. Bottled water is easily available in most places the team will visit, but not in rural areas.
- If you take routine prescription medicine, take a little extra, and keep it with you in your carryon luggage. **Don't check it in with luggage.**
- For asthma sufferers: Take extra inhalers because dust and air pollution may worsen your symptoms.
- Keep medicines in the original prescription bottles.
- When you get back, eat yogurt to bring back the intestinal base and ease your system back to normal.