



AMOS Health Tips

While in Nicaragua...

THE THREE P's of Safe Travel

- Be Proactive
- Be Prepared
- Be Protected



BE PROACTIVE



- Healthiest travelers are proactive
- Before leaving for a trip, find out as much as you can about Nicaragua
- Read all materials provided by your team leaders



BE PREPARED





What To Bring



First Aid Kit

- Diphenhydramine or any other anti-allergy medicine
- Acetaminophen, Ibuprofen
- Eye wash
- Band-aids, ace bandages, gauze pads, tape
- Antibiotic cream, hydrocortisone cream & antifungal cream.
- EPI Pen



Diarrhea Kit



- Anti-diarrheal medicine
- Peptol Bismol
- Cipro or Bactrim (enough for five people)
- Soup Mix
- Oral Rehydration packets
 - homemade recipe:
1/2 tsp salt & 8tsp sugar
 - you can mix it with 1 liter or clean water when you need to take it

BE PROTECTED

Speak to your physician before your trip
and take any precautions they advise



DRINK PLENTY OF WATER!!



**HYDRATE YOURSELF AT ALL
TIMES!**

**THERE IS MUCH HUMIDITY
ESPECIALLY DURING THE
DAYTIME.**

Wash Hands Frequently

- Wash hands often with soap and water! Especially **BEFORE YOU EAT** and **AFTER YOU USE THE BATHROOM**. If hands are **NOT** visibly soiled (meaning no pieces of dirt, etc.. on your hand), then you can use hand sanitizer.



Avoid sunburn

- It is hot here!
- Please use sunblock and apply every two hours while outside
- Use a widebrim hat
- Put sunblock first, then insect repellent
- Stay in shade when possible



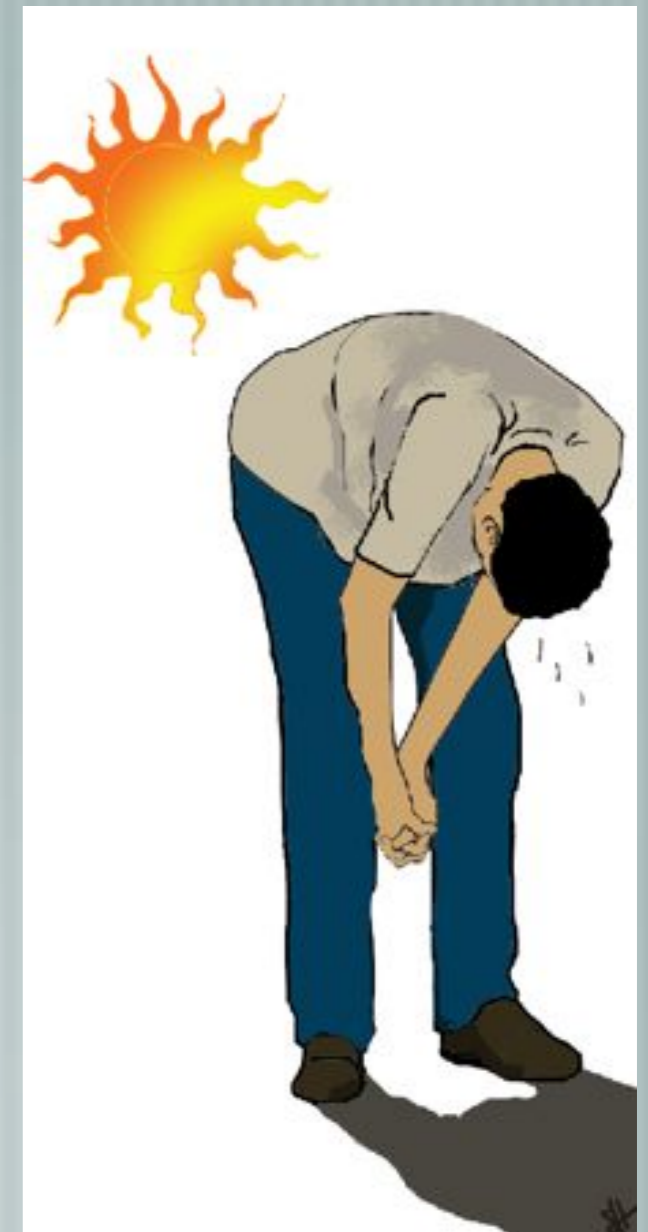
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On Heat Exhaustion & Heat Stroke

- Heat Exhaustion happens when your body gets too hot and heat stroke can sometimes follow this.
- To prevent this, wear light weight clothing, and always keep hydrated.
- If you feel weak, or dizzy get out of the heat into a shady area to rest. Drink plenty of water or other fluids
- Certain medicines can affect heatstroke like: allergy medicines (antihistamines), laxatives, diet pills (amphetamines), cough and cold medicines (anticholinergics), some blood pressure and heat medicines.



Avoid Infection Transmitted by Food and Water

- Avoid drinking beverages that do not come from a can or bottle. Avoid tap water, fountain drinks, and ice cubes.
- Avoid eating uncooked shellfish or fish such as ceviche
- Avoid eating uncooked fruits or vegetables that you have not personally peeled yourself.
- Remember: **boil it, cook it, peel it, or forget it.**
- Don't eat food purchased from street vendors.
- Don't eat dairy products unless you know they have been pasteurized.



Avoid getting bitten by a Mosquito

- Pay special attention to mosquito protection between dusk and dawn. This is when the type of mosquito whose bite transmits malaria is active.
- Wear long-sleeved shirts, long pants, and hats.
- Use insect repellents that contain DEET (diethylmethyloamide).
- Flying-insect spray or mosquito coils to help clear rooms of mosquitoes. The product should contain a pyrethroid insecticide; these insecticides quickly kill flying insects, including mosquitoes.

Other tips

- Don't handle animals (especially monkeys, dogs, and cats), to avoid bites and serious disease.
- Don't swim in fresh water. Salt water is usually safer.
- To prevent fungal and parasitic infections, keep feet clean and dry, and do not walk barefoot.



REMEMBER the Three P's

No one wants to get sick while they are traveling

- BE PROACTIVE
- BE PREPARED
- BE PROTECTED

So you can stay safe and healthy during your trip to Nicaragua!

