

Nicaragua Mission Trip Preparation: HEALTH CARE

Before visiting Nicaragua, you may need to get the following vaccinations and medications for vaccine-preventable diseases. Please check with your doctor/health care provider to determine what you will need.

I. Recommended Vaccinations Prior to Travel:

(The cost of the vaccines is only an estimate. The price may vary.)

Hepatitis ATwo Doses(\$74 per Dose) \$148

Hepatitis BSeries of 3 Shots.....(\$62 per Dose) \$186

TyphoidOral or Injectable\$44 Oral/\$62 Injectable

Influenza\$25

RabiesSeries of 3 Shots/Pre-Exposure.....(\$226 per Dose) \$678

(7 days between the first and second dose and either 21 or 28 days between second and third dose)

II. Routine Recommended Vaccinations: (Many people have already had these vaccines.)

• Measles/Mumps/Rubella (People born before 1957 are usually considered immune).....\$65

• Diphtheria/Pertussis/Tetanus\$43

• Polio\$38

• Chicken Pox2 Doses for an Adult who has never been inoculated....\$210

(Please make sure your **Tetanus Shot** is up to date. Generally, they are good for 10 years, but that may vary due to certain conditions; a Tetanus Shot is roughly \$10)

III. Suggested Medicine to Bring with You:

• **Antimalarial Drugs** (Depending on the drug, treatment may begin a week prior to travel, continue during travel, and last several days after travel. Check with your doctor to see which drug would work for you.)

• **Diarrhea Medication** (Cipro) and **Rehydration Salts**

IV. Chikungunya

What is Chikungunya? (pronunciation: chik-en-gun-ye)

Chikungunya is an illness caused by a virus that spreads through mosquito bites. CDC recommends that travelers to the Central America protect themselves from mosquito bites. The most common symptoms of Chikungunya are fever and joint pain. Other symptoms may include headache, muscle pain, joint swelling, or rash. Chikungunya disease rarely results in death, but the symptoms can be severe and disabling. Most people who get sick feel better within a week. Some people may develop longer-term joint pain. In some cases, it may last for months or years.

IV. **Chikungunya Continued**

What can travelers do to prevent Chikungunya?

There is currently no vaccine or medicine to prevent Chikungunya. The only way to prevent Chikungunya is to prevent mosquito bites. Preventing bites can be difficult, but it is important as you can get sick after just one bite. Follow these steps to reduce the chances that you will be bitten by mosquitoes during your trip.

V. **Zika Virus**

The Zika Virus is a mosquito-borne illness. The most common symptoms of the Zika Virus are a mild fever, skin rashes, muscle and joint pain, headaches and conjunctivitis (red eyes). These symptoms normally last for 2-7 days. People usually don't get sick enough to go to the hospital, and they very rarely die of Zika.

Zika infection during pregnancy can cause a serious birth defect of the brain called microcephaly and other severe fetal brain defects. Other problems have been detected among fetuses and infants infected with Zika Virus before birth, such as defects of the eye, hearing deficits, and impaired growth. There have also been increased reports of Guillain-Barré syndrome, an uncommon sickness of the nervous system, in areas affected by Zika. Pregnant women should not travel to areas infected by the Zika Virus.

Zika primarily spreads through infected mosquitoes. Many areas in the United States have the type of mosquitoes that can spread Zika Virus. These mosquitoes are aggressive daytime biters and can also bite at night. Also, Zika can be passed through sex from a person who has Zika to his or her sex partners.

Returning travelers infected with Zika can spread the virus through mosquito bites. During the first week of infection, Zika Virus can be found in a person's blood and can pass from an infected person to a mosquito through mosquito bites. An infected mosquito can then spread the virus to other people.

The best way to prevent Zika is to prevent mosquito bites.

VI. **To Help Prevent Insect/Mosquito Bites:**

- Wear lightweight long-sleeved shirts, long pants, and a hat outside, whenever possible. Consider pre-treating your clothing with permethrin. Permethrin should not be sprayed directly on the skin.
- Bring flying-insect spray to help clear rooms of mosquitoes. The product should contain a pyrethroid insecticide; these insecticides quickly kill flying insects, including mosquitoes.
- Use an appropriate insect repellent as directed.

VI. **To Help Prevent Insect/Mosquito Bites Continued:**

- Higher percentages of active ingredient insect repellents provide longer protection. Use products with the following active ingredients:
 - **DEET** (Products containing DEET include Off!, Cutter, Sawyer, and Ultrathon)
 - **Picaridin** (also known as KBR 3023, Bayrepel, and icaridin products containing picaridin include Cutter Advanced, and Skin So Soft Bug Guard Plus)
 - **Oil of lemon eucalyptus (OLE)** or **PMD** (Products containing OLE include Repel and Off! Botanicals)
 - **IR3535** (Products containing IR3535 include Skin So Soft Bug Guard Plus Expedition and SkinSmart)
- Always follow product directions and reapply as directed:
 - If you are also using sunscreen, apply sunscreen first and insect repellent second.
 - Follow package directions when applying repellent on children. Avoid applying repellent to their hands, eyes, and mouth.
- Stay and sleep in screened or air conditioned rooms.
- Bring bed nets treated with permethrin. If you definitely want one, please bring it with you.
- Remain indoors during peak biting periods for malaria (dusk and dawn).

VII. **Guidelines for Traveling with Medications:**

- a. **Original containers:** All medications should be carried in their original containers with clear labels, so the contents are easily identified. Allow for a few extra days worth of medicine and bring only what you will need. Keep them in your carry-on luggage.
- b. **Prescriptions:** Travelers should carry copies of all prescriptions, including their generic names.
- c. **Physician notes:** For controlled substances and injectable medications, travelers are advised to carry a note from the prescribing physician on letterhead stationery.
- d. **Restricted medications:** Travelers should be aware that certain medications are not permitted in certain countries. If there is a question about these restrictions, particularly with controlled substances, travelers are recommended to contact the embassy or consulate of the destination country. <http://travel.state.gov>

VIII. Medical Insurance:

Please consult with your insurance carrier to confirm whether your policy will cover you overseas. You will need to provide your own medical insurance coverage for health related issues.

IM provides Travel Accident Insurance which includes a limit of \$100,000 for medical evacuation, \$25,000 for accidental death/dismemberment, \$5,000 for specific in-country medical expenses and other benefits.