

Travel Vaccinations and Medications recommended for Operation Restore Hope Team members traveling to the Philippines

Primary vaccines for team members traveling to the Philippines:

ADT - tetanus/ diphtheria

- ensure you have been vaccinated within the last ten years

Hepatitis A

- ensure you have had at least two injections

Hepatitis B

- you should have a full course of vaccines and evidence of protection

MMR + Varicella

- ensure you have received these childhood vaccinations

Malaria

- depending on the area you are visiting you may need antimalarial tablets
- they are NOT needed for Manila

Important information for all travelers to the Philippines to be aware of:

Dengue Fever

- the mosquito that carries Dengue is a day time biter
- the only prevention is the use of insect repellants to avoid being bitten
- unfortunately a vaccine against Dengue fever is still at least 5 years away

Rabies

- you must seek medical attention immediately if you are bitten by any animal, and a vaccination should be considered by those at higher risk - for example those spending significant amounts of time in more remote areas where access to medical care may be limited
- a vaccination involves three injections over the course of 3-4 weeks

General

- don't drink the water (including hotel tap water), consume ice or eat salads

Medications we recommend all individual team members take with them:

Doxycycline

- 100mg each morning is recommended, (this should be taken 3 days before, every day during and 3 days after the mission).

Noroxin

- treatment dose for ongoing problems (prescription medicine)

Buscopan

Imodium/ loperamide

Stemetil

Gastrolyte sachets

As recommended on 06/02/08 by:
Shirley Bennett, Nurse Manager
The Travel Doctor – TMVC

Level 1, Canterbury Arcade: 170 Queen St, Auckland, NZ
Ph: 0064 9 373 3531
Fax: 0064 9 373 3532
Email: auckland@traveldoctor.co.nz
Website: www.traveldoctor.co.nz



...for a safe and healthy journey