

# Medical Preparation

**Medical/Travel Insurance can be obtained on an individual basis, and is highly recommended; it is not included in Mission Tuition.**

**The following immunizations/medications are recommended by the Center for Disease Control for persons traveling to Honduras.**

## **Hepatitis A \***

One injection at least 4 weeks prior to travel. If less than 4 weeks, an injection of immunoglobulin is also required. This provides immunity for 10 years. For lifelong immunity, a booster shot is needed anytime after 6 months.

## **Hepatitis B\*\***

Three injections are given at 0, 1, and 6 month intervals. No booster is necessary.

## **Typhoid (Optional)**

One injection at least 4 weeks prior to travel. Provides immunity for 3 years. Cost: over \$70. Available only from the following offices: Dr. Archie Hearne (224-2800) and Dr. George Holitik (568-1155).

**OR**

Vivotif Bern Capsules taken 1 a day on days 1,3,5,7 provides immunity for 5 years. Cost – over \$45

## **Malaria\***

Medication is distributed at the Missionary Workshop at no cost. Chloroquine 150mg tablets- Take 2 tablets every week for 7 weeks, beginning two weeks before departure.

## **Parasites**

Medication is distributed at the Missionary Workshop at no cost. Mebendazole 100mg tablets- Chew 1 tablet twice a day for 3 days after returning from the mission.

## **Tetanus\***

One injection every 10 years. **Be sure yours is up to date!**

***Please contact your personal physician for immunizations***

**\* = Recommended**

**\*\* = Recommended if expected contact with blood or body fluids.**