

IMMUNIZATION INFORMATION FOR ECUADOR

Although the Ecuadorian government does not require any immunizations for travel in Ecuador, we have listed several immunizations that you may wish to consider. These recommendations are based on the idea that we will be traveling "off the beaten path" and in rural areas. However, we do not want to cause alarm. **We want to emphasize, in general, Ecuador is considered to be a very safe travel destination.** Generally, the worst illness is traveler's diarrhea. Nevertheless, the U.S. Center for Disease Control (CDC) does recommend several immunizations. As with *any* medical recommendation, we strongly suggest that you consult your physician to make the final decision about immunizations.

RECOMMENDED VACCINATIONS:

Hepatitis A

We recommend **active immunization** with Hepatitis A vaccine, such as Havrix, VAQTA or passive immunization with Immune Globulin (IG). The active immunization is preferred, and is usually good for 1 year or more. **The CDC states that travelers are considered 'protected' four weeks after receiving the initial vaccine dose.** *Immune Globulin* should be given if the vaccine is administered ***less than four weeks before travel.*** This is important, for we will be traveling in rural areas, and we cannot control *all* aspects of food preparation. **PLEASE DO NOT DELAY.** **For more information check out the CDC website: www.cdc.gov/ncidod/diseases/hepatitis/a/faq.htm**

Typhoid

The chance of exposure to Typhoid is very remote in the areas where we travel. However, to be on the safe side, the CDC does recommend vaccination. Although there are several choices of vaccines, one recommended by the CDC is ViCPS (Typhim Vi, Pasteur Merieux). **This injection requires only one week to be effective.** There is little harm in this extra precaution, even though we do not travel in areas with a history of Typhoid. **For more information check out the CDC website: www.cdc.gov/travel/diseases/typhoid.htm**

General Vaccinations

All routine vaccines (such as DTP or Td, Hib, MMR, polio, varicella, influenza and pneumococcal) should be kept up-to-date as a matter of good health practice.

General Health Concerns

Malaria

Malaria is a serious disease transmitted to humans by the bite of a mosquito. Although the CDC warns of the risk of malaria in certain provinces of Ecuador, Global Works takes special care **NOT to travel to areas in Ecuador that have reported cases of malaria.** The CDC states there is no risk for contraction in Quito, the central highland tourist areas, and the Galapagos Islands. While we do not recommend anti-malarial drugs such as Chloroquine, it is up to each individual family.

Altitude Sickness

We will acclimate to the altitude where we arrive prior to continuing on to any other higher altitudes. This will reduce the severity of our reaction during the first few days and facilitate our movement to higher altitudes. If you wish to send your child with an antidote to the symptoms of altitude sickness, let us suggest an acetazolamide by the trade name of Diamox. This is a prescription diuretic which effectively restores the acid-base balance in the blood, nullifying the dizziness and nausea that some (we emphasize, only some) people experience. Our leaders will also have a limited supply of Diamox

Water Treatment

There is no doubt that we will boil water, carry bottled water, and have our own purification systems. Most of the locals boil their water, and they are used to it in our homestay situations. Bottled water is available everywhere.

Gastrointestinal Problems

We will pay close attention to our choice of food and beverages. However, when and if you suffer from diarrhea, oral rehydration is essential along with two other interventions we have found to be very effective. We would like each participant to bring a supply of **Pepto Bismol caplets (not tablets).** This treats the **symptoms** of intestinal illness caused

by bacteria. Another option is one full **adult prescription of Bactrim** for the treatment of the **causes**. Bactrim is a popular, wide-spectrum anti-biotic which works quickly to eliminate the unwelcome bacteria. Again, this is your choice.