



TRAVEL MEDICINE

IBI advises all students to review carefully the U.S. Center for Disease Control's travel health information, including vaccine recommendations (<http://wwwnc.cdc.gov/travel/destinations/list.aspx>). It is strongly recommended that you also visit a travel health clinic and/or your family physician as soon as possible. Do not delay. You need to decide what medications and vaccinations you should take.

Information to Consider

1. You need to be current with tetanus/diphtheria and hepatitis B vaccinations. As a current student, you are likely to be up-to-date with them. You should confirm this.
2. Our travel to Europe/Russia requires no special medications or vaccinations.
3. Our travel to India requires that you
 - a. Be up-to-date with a hepatitis A vaccination.
 - b. Take anti-malarial drugs. We recommend either Malarone or Doxycycline. You may wish to bring both. In the event one is not tolerated well, you can switch to the other. (See the CDC website for more information.)
 - c. Our Indian itinerary is such that further vaccinations are not recommended. You may wish to discuss this with your physician.
4. Our travel to China does not require any vaccinations/medications beyond what is necessary for India. Our Chinese itinerary suggests that we should not be at risk for malaria.

HELPFUL ADVICE

1. Keep all your medications in original prescription bottles in your backpack/carry-on.
2. Always wash hands before eating or use a hand sanitizer.
3. Bring diarrhea medicine, hand sanitizer, insect repellent and sunscreen (at least 15 SPF).

While in India and China:

4. Drink only bottled water and bottled beverages! No tap water or ice. Be sure the bottle has been properly sealed.
5. Eat IBI meals only. Avoid street vendors.
6. Do not go barefoot. Sneakers are safer than flip-flops.
7. Report bites or scratches immediately.
8. Avoid birds and animals, especially dogs and cats to avoid risk of rabies.
9. Swimming can only be done in well-maintained and well-chlorinated swimming pools.

While in India:

10. Remain indoors during the peak biting period for malaria (dusk and dawn).
11. Use insect repellent, wear long pants and sleeves and wear a hat.
12. Do not sleep with open windows.