

CHRIST LIVING IN YOU MINISTRIES INC.



Ghana

Short Term Mission
Outreach

Immunization

And

Malaria Prophylactic Requirements

Immunizations & Medication

Preparing for Your Trip to Ghana

It is the responsibility of each participant to ensure that they have received the immunizations and medication necessary for the upcoming trip. Christ Living In You Ministries does not require any proof of immunization or medication for a participant to travel, with the exception of those traveling to Ghana, who must document proof of receiving the **yellow fever vaccination**. All participants are encouraged to review their personal immunization history, and consult with their doctor regarding needed immunizations or medications for travel.

Please visit the US Center for Disease Control (CDC) website for the most up to date information on immunizations and vaccinations recommended for each international trip at www.cdc.gov . This manual, as well as the CDC website, are simply recommendations for you as you prepare to travel internationally. **All medical decision should be made by you and your doctor, based on your specific medical history and conditions.**

Before scheduling an appointment for your vaccinations and immunizations, please call ahead and check with your doctor or Health Department to make sure they will be able to give you all of the necessary medications. Sometimes family doctors are unable to access medicines needed for international travel. Additionally, your family physician may be able to provide you with certain ROUTINE vaccinations that may also be covered by your medical insurance. Be sure your routine vaccinations are up-to-date. Check below to see which vaccinations adults and children should get.

Routine vaccines, as they are often called, such as chickenpox (or varicella), polio, measles/mumps/rubella (MMR), and diphtheria/pertussis/tetanus (DPT) are given at all stages of life.

You may want to consider visiting a Travel Clinic, (although this is generally more costly than a the public Health Dept in your area) where doctors can advise you with specific instructions concerning the individual country you will be visiting.

For information on finding a Travel Clinic near you, visit <http://wwwnc.cdc.gov/travel/page/find-clinic.htm>

Vaccinations are not included in the price of the trip. Contact your family doctor, and/or your local Travel Clinic at for an appointment at least two months prior to departure (or as soon as possible). To have the most benefit, see a health-care provider at least 4–6

weeks before your trip to allow time for your vaccines to take effect and to start taking medicine to prevent malaria, if you need it.

Even if you have less than 4 weeks before you leave, you should still see a health-care provider for needed vaccines, anti-malaria drugs and other medications and information about how to protect yourself from illness and injury while traveling.

Recommended vaccinations may change depending on the conditions at the time of the trip. This information will be checked on a regular basis by the CDC and any updates can be found on the CDC website.

Participants are asked to inform the trip director of any special medical problems that you might have. Information is kept confidential between the team leadership. Participants on medication should make sure that the drugs they are taking do not have any adverse effects with great exposure to sunlight. CLIYM strongly encourages each participant to bring prescription medication for diarrhea. Please talk with your family doctor about what to bring with you on the trip.

SPECIAL NOTES FOR GHANA:

*Yellow Fever Vaccinations are only given at approved government sites. Before making appointments to receive your shots, please call ahead and verify that your doctor will have all the necessary shots that you will need. **You MUST have proof of this vaccination to enter Ghana.***

Malaria medication is strongly encouraged for all travel to Ghana. The missionaries in Ghana recommend that short-term mission teams do not receive Lariam, but instead choose Doxycycline, Malarone or another medicine approved by your doctor. Lariam has been associated with a high instance of nightmares and night terrors. However, as always, please take the medical advice of your doctor when discussing your personal medication needs. Malaria medicine for any other countries should be discussed with your doctor.

A QUICK GLANCE AT WHAT YOU NEED:

REQUIRED:

1. YELLOW FEVER- You cannot enter back into the United States unless you have a Yellow fever Certificate!

HIGHLY RECOMMENDED:

1. Typhoid
2. Hepatitis A

BOOSTERS : -check with your physician to see if a booster is needed

1. Polio
2. MMR
3. Tetanus Diphtheria

ESCAMBIA COUNTY HEALTH DEPT

*1295 West Fairfield Dr
Pensacola, FL 32501*

850-595-6661 - TO inquire about IMMUNIZATIONS and pricing

850-595-6554- TO SCHEDULE AN APPOINTMENT

Yellow Fever	104.00	(RECEIVE AT LEAST TEN DAYS BEFORE GOING)
Typhoid- pills	60.00	
Typhoid-shot	67.00	

The following shots- your doctor may have and may be covered by insurance

Hepatitis A	41.00	
Polio Typical Cost	50.00	
T/D – typical cost	30.00	
MMR-		If you have had 2 MMR , a booster is not necessary

TOTAL ESTIMATE= NOT MORE THAN \$300.00

OTHER CLINICS OFFERING YELLOW FEVER WITH CDC APPROVAL

Note: we not explored the prices of vaccines at the following clinics.

Gulf Coast Immediate Care Center
345 Miracle Strip Pkwy SW
Fort Walton Beach, FL 32548
850-244-3211

Pro Clinic
3101 N. 12th Avenue #102
Pensacola, FL 32503
850-549-3379

Vaccine-Preventable Diseases

Vaccine recommendations are based on the best available risk information. Please note that the level of risk for vaccine-preventable diseases can change at any time.

Vaccination or Disease	Recommendations or Requirements for Vaccine-Preventable Diseases
Routine	Recommended if you are not up-to-date with routine shots, such as measles/mumps/rubella (MMR) vaccine, diphtheria/pertussis/tetanus (DPT) vaccine, poliovirus vaccine, etc.
Hepatitis A or immune globulin (IG)	Recommended for all unvaccinated people traveling to or working in countries with an intermediate or high level of hepatitis A virus infection where exposure might occur through food or water. Cases of travel-related hepatitis A can also occur in travelers to developing countries with "standard" tourist itineraries, accommodations, and food consumption behaviors.
Hepatitis B	Recommended for all unvaccinated persons traveling to or working in countries with intermediate to high levels of endemic HBV transmission, especially those who might be exposed to blood or body fluids, have sexual contact with the local population, or be exposed through medical treatment (e.g., for an accident).
Typhoid	Recommended for all unvaccinated people traveling to or working in West Africa, especially if staying with friends or relatives or visiting smaller cities, villages, or rural areas where exposure might occur through food or water.
Polio	Recommended for adult travelers who have received a primary series with either inactivated poliovirus vaccine (IPV) or oral polio vaccine (OPV). They should receive another dose of IPV before departure. For adults, available data do not indicate the need for more than a single lifetime booster dose with IPV.
Yellow Fever	Requirements: Required upon arrival for all travelers

Malaria

Areas of Ghana with Malaria: All ([more information](#))

If you will be visiting an area of Ghana with malaria, you will need to discuss with your doctor the best ways for you to avoid getting sick with malaria. Ways to prevent malaria include the following:

- Taking a prescription antimalarial drug
- Using insect repellent and wearing long pants and sleeves to prevent mosquito bites
- Sleeping in air-conditioned or well-screened rooms or using bednets

Malaria Contact for Health-Care Providers

For assistance with the diagnosis or management of suspected cases of malaria, call the CDC Malaria Hotline: 770-488-7788 or toll-free 1-855-856-4713 (M-F, 9 am-5 pm, Eastern time). For clinicians needing emergency consultation after hours, call 770-488-7100 and ask to speak with a CDC Malaria Branch clinician.

A Special Note about Antimalarial Drugs

You should purchase your antimalarial drugs before travel. Drugs purchased overseas may not be manufactured according to United States standards and may not be effective. They also may be dangerous, contain counterfeit medications or contaminants, or be combinations of drugs that are not safe to use.

Halofantrine (marketed as Halfan) is widely used overseas to treat malaria. CDC recommends that you do **NOT** use halofantrine because of serious heart-related side effects, including deaths. You should avoid using antimalarial drugs that are not recommended **unless** you have been diagnosed with life-threatening malaria and no other options are immediately available.