

Health Information for CSU Travelers to Ethiopia and Kenya

Updated November 5, 2012

Congratulations on your upcoming trip to Ethiopia and Kenya! Before you go, please make certain that you have checked that you have considered the following immunizations and medications that are recommended by the CDC for travel to Ethiopia and Kenya:

- ****YELLOW FEVER vaccination:** This immunization is legally required for entrance to many countries in Africa. You will need to have proof of it in order to travel between Ethiopia and Kenya. It must have been given within the past 10 years, and you must present your official yellow card. Keep the yellow card with your passport at all times. If you have not had a vaccination against Yellow Fever, it should be given at least 10 days prior to travel.
- **Oral Typhoid vaccine:** Typhoid fever is a bacterial illness spread by contaminated food and water. Vaccination is recommended for travel to most developing countries. The vaccine is a live, weakened strain of bacteria which is taken orally. It comes as four capsules, and one capsule is taken every other day for 4 doses. It takes a week to complete this, and it should be finished at least a week before travel. A prescription is needed for this vaccine.
- **Hepatitis A vaccine:** This vaccine prevents a viral disease of the liver which is spread by contaminated food and water. It is highly recommended for travel to Africa. It is given in a series of 2 doses at least 6 months apart, but even one dose provides excellent protection (about 95%). It can also be given as a combination vaccine with Hepatitis B protection; Hepatitis B is also a viral disease of the liver but is spread much differently, by blood and body fluid contact.
- **Polio:** Polio is still found in Africa, and a one-time adult booster dose of Polio vaccine is recommended for travel.

Routine vaccinations are important. In addition to childhood vaccinations, it is recommended that you consider the following routine adult vaccinations:

- **Tdap:** This combination vaccination protects against tetanus, diphtheria, and pertussis. Tetanus boosters are recommended every 10 years, and Tdap contains additional protection against pertussis (whooping cough).
- **Influenza:** Don't forget to get a flu shot, if you haven't already done so this fall!
- Depending upon your age, vaccinations against shingles and pneumonia may also be recommended.

Medications for protection against malaria and for self-treatment of traveler's diarrhea are also available by prescription.

- **Malaria prevention:** For a short trip of less than two weeks, Atovaquone/Proguanil (Malarone™) is a good option. CDC lists the risk for this trip as being present when you are in the rural areas of Kenya. When in Ethiopia and in Nairobi, the risk is considered to be low, especially since you will be staying in nice accommodations, and so malaria prophylaxis is not recommended. Malarone is taken one day prior to travel into the area of risk, daily while there, and for seven days after leaving the area of risk. This medication is expensive, but has relatively few side effects. Doxycycline is another option and is much less expensive, but has a few more side effects and must be taken for one month after leaving the area of risk.
- **Antibiotic for self-treatment of traveler's diarrhea:** Cipro™ is a broad-spectrum antibiotic that works well for treatment of traveler's diarrhea. Many travelers to developing countries like to carry a prescription with them, so that they can use it if needed. Cipro can be taken at the onset of severe illness (fever, blood in the stool, severe symptoms), or for milder illness if Imodium™ or Pepto-Bismol™ are not working. Improvement is usually rapid. The antibiotic may also be used for treatment of urinary tract infections, skin or wound infections, pneumonia or sinusitis if needed.

All of the above immunizations and prescriptions may be obtained at the CSU Health Network. Most of the vaccinations can be obtained on a walk-in basis, but an appointment is required for Yellow Fever vaccination. Call 491-7121 to schedule an appointment for a Travel Consultation. (There is a fee of \$50 for the Travel Consultation. Costs for immunizations may be found on our website.) You may also contact Dr. Kathy Waller for further questions.

Additional health information for traveling to Africa is available at the following websites:

Center for Disease Control and Prevention	http://wwwnc.cdc.gov/travel
Travel Medicine	http://www.travmed.com
US State Department International Travel	http://travel.state.gov/travel

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