

Health Care Information for the Senior Trip

Dear parents,

The following has been prepared as a preliminary guide for you as you begin preparing your child for the senior trip to the Dominican Republic. Ultimately, the final decision regarding the course of action you decide upon regarding preparing your child for the trip rests with you and your physician. The Centers for Disease Control recommends that you seek the advice of a physician who specializes in Travel Medicine. We encourage you to find more thorough information on their web site: [www.cdc.gov.under Traveler's Health](http://www.cdc.gov/under/Travelers%20Health). For optimum benefit, see a travel medicine physician at least 4-6 weeks prior to travel so that vaccines can fully take effect. Two local clinics are OSU Travel Medicine Clinic (614-366-5001) and Travel Health Services (<http://travelhealthservices.net>).

Required vaccine:

Td (Diphtheria and Tetanus) this vaccine is required every 10 years. If your student has not had one since 2000 they will need another one. *Please email the nurse with the date of the last Td vaccine at lisa.cunningham@worthingtonchristian.com.*

Highly Recommended vaccines:

Typhoid: Protects against a bacterial disease contracted by eating or drinking contaminated food or water.

Hepatitis B: Protects against a serious liver disease that is contracted through contaminated body fluids. It is a series of 3 shots believed to give life long immunity. Many colleges are now requiring this.

Hepatitis A: Protects against a liver disease contracted by eating or drinking contaminated food or water. It is a series of 2 shots. If your student is over 18 years of age there is a combination Hepatitis A and B vaccine.

*Some of these vaccines can be given at the health departments for a reduced cost.

Recommended drugs:

1. **Chloroquine** – An anti-malaria drug in pill form.
2. **Cipro** - An antibiotic used for diarrheal infections caused by contaminated food or water.
3. Any **Prescription Medications** your child takes on a regular basis.
4. **Over-the-Counter** medications not provided by the school that you think your child might need. The school will provide **Tylenol, Advil, Neosporin, Benadryl, and cough drops**.

Prescription medications must be accompanied by a Prescription Medication Administration Form signed by your physician. Over-the-counter medications other than those provided by the school must be accompanied by a Non-Prescription Medication Form signed by a parent. All medications must be in original containers.

The CDC currently has a travel notice in effect for the DR for several infections spread by mosquitoes. These include Malaria, Dengue Fever, and Lymphatic Filariasis. Contact with infections spread by mosquitoes and sand flies can be limited by the use of **mosquito spray containing DEET and permethrin**, wearing long pants and shirts, and limiting exposure after dusk. Plan to use water shoes on beaches. *Please refer to the CDC web site for further information regarding disease outbreaks in this region.*

If you have questions, please feel free to call the nurse's office at 410-4236.