

Immunization Requirements and Recommendations from the CDC

Four categories

A - required

B - for everyone regardless of travel plans

C – for travel to Central America

D – optional suggestions

Category A

Everyone must provide proof of Covid-19 immunization.

Category B

Everyone should be up to date with their immunizations as per CDC recommendations.

Assuming the usual childhood immunizations, this means the following:

- Tetanus booster every 10 years
- Mumps/measles/rubella – one booster between ages of 15-49 and another after age 50.

Category C

- Hepatitis A: 2 doses...first one, then a second one 12-18 months later
- Typhoid vaccine - 1 dose
- Hepatitis B: For health care workers and non-medical volunteers who come in contact with body fluids, those who wash instruments, empty bed pans, etc. *No one aged 17 and under is allowed to handle sharps or bodily fluids.*
- Hep B is given as 3 doses: 1st one; 2nd dose 1-2 months later; then 3rd dose 4-6 months after the 1st dose.

As in any medical setting, Hepatitis A, B, C and the HIV/AIDS virus are always a concern. We follow the standard safety practices that are followed in the U.S. and also have a protocol in place in case of an emergency. It is essential that who handle instruments in any capacity, particularly non-medical volunteers who may not otherwise be protected, be vaccinated against Hepatitis B and with the appropriate vaccinations as listed above.

For persons who have not had either Hep A or B, there is now a combination vaccine for both. The trade name is "Twinrix." Doses are 3: first one, then 2nd 1 month later and a 3rd at 6 months after initial dose. A person is safe to travel after the first 2 doses. So, if one is going and has not had Hep A or B and is on a short time frame he/she can get the first dose one month before travel, then get the 2nd dose just before leaving.

Category D

- Malaria: CDC recommends malaria prophylaxis for Guatemala at altitudes of less than 1500 meters (4,921 feet). Chloroquine (Aralen) is recommended and is taken at a dosage of 500 mg once a week on same day of the week. Begin one week before going, continue while there, and for four weeks after returning.

- Clinica Ezell is located below 4921 feet, but it is a confined space. Consult with your physician as to whether you should take it for a one-week trip. Health Talents *requires* that all those staying longer, especially MET students, take it. In all cases, one should use DEET insect repellent when outside in the evening or in heavily forested areas.