

**Travel Medicine Advisory
American South -- March 2020**

November, 2019

Dear Parents/Guardians:

A Travel Medicine Advisory is issued by the Chen Health & Wellness Center for all trips coordinated through the Center for Service and Global Citizenship (CSGC).

For this trip, we recommend your child should:

- *Be up to date on all of the routine childhood immunizations.*
- *Receive Hepatitis A vaccine or appropriate booster, if not already received.*
- *Receive influenza vaccine, if not already received.*
- *Protect self from sun exposure by appropriately using sunscreen (≥ 30 SPF) and, when possible, wearing long sleeves and a hat.*
- *Protect self from bug bites (mosquitos, ticks and fleas) which can be vectors of disease*
 - *Appropriately use an insect repellent containing at least 30% DEET.*
 - *Wear long sleeve shirts, pants and a hat when possible. Consider permethrin treated clothing.*
 - *Use air conditioning and bed nets when available.*
 - *Check body for ticks at the end of every day.*
 - *Shower daily, thoroughly and soon after walking in any wooded, bushy or grassy areas.*
 - *Stay in center of hiking trails. Avoid high grass and bushes.*

Please complete and sign the enclosed Travel Health Questionnaire and permission form by December 9th. It is important that we have accurate health related information prior to this trip.

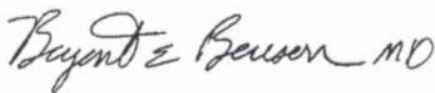
We will update any needed immunizations during the months prior to the trip's departure. If vaccines are needed, charges will be billed to your child's student account. Additionally, Ms. Cara Soifer, our nurse practitioner, or I will meet with any students with significant medical problems, medications or allergies in preparation for the trip.

If you want to schedule an appointment with your child's PCP to receive immunizations or travel advice, please do so during an upcoming vacation.

Please understand that although some illnesses may begin during travel, others may occur weeks, months, or even years after return. If your child becomes ill after their trip, particularly within 6 months of their return, they should be preferentially evaluated by a physician versed in travel-related illness.

If you have questions, please contact me by email (please put *American South trip* in the subject line).

Sincerely,



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