

**Travel Medicine Advisory
American South -- March 2022**

December 20, 2021

Dear Parents/Guardians:

A Travel Medicine Advisory is issued by the Chen Center for all trips coordinated through the Center for Service and Global Citizenship (CSGC). Travel medicine advice for U.S. travel is also available at the Travelers' Health website of The Centers for Disease Control and Prevention (CDC) <http://wwwnc.cdc.gov/travel/>

More information about traveling domestically during the COVID-19 pandemic is also available at the CDC website: <https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-during-covid19.html>

We encourage you to look over the health information provided by these websites.

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.*
- *Especially at dusk, dawn or when visiting more rural areas, 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.*
 - *Use air conditioning 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.*
- *Be fully vaccinated (at least 2 weeks since last dose of the series) against COVID-19 and receive any recommended COVID-19 vaccine boosters (when age appropriate)*

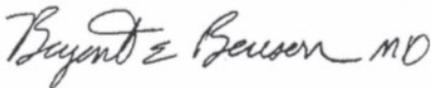
Please complete and sign the enclosed Travel Health Questionnaire and permission form by **January 5, 2022**. It is important that we have accurate health related information prior to this trip.

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.

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

Sincerely,



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