

Travel Medicine Advisory
The Bahamas
March 7- 14, 2026

September 2025

Dear Parents/Guardians:

This Travel Medicine Advisory is issued by the Chen Health and Wellness Center to alert you to some important medical issues as you plan for your child's trip to the Bahamas during March 2026. Travel medicine advice is also available at the [Travelers' Health website of The Centers for Disease Control and Prevention \(CDC\)](#).

For this trip to the Bahamas, we recommend your child:

- *Be up to date on all of their routine childhood immunizations*
- *Receive Hepatitis A vaccine and/or appropriate boosters, if they have not already received them.*
- *Receive Typhoid vaccine and/or appropriate boosters, if they have not already received them.*
- *Receive annual influenza vaccine, if not already received.*
- *Receive and be [Up-to-date in regards to COVID-19](#) vaccination and boosters.*
- *[Protect themselves from bug bites](#) (mosquitos, ticks, and flies) which can transmit diseases such as [Denque](#), [Zika](#), and [Leishmaniasis](#).*
 - *Appropriately use an EPA-approved insect repellent such as DEET (15%-30%) or Picardin (5%-10%).*
 - *Wear long sleeve shirts, pants and a hat when possible. Consider permethrin treated clothing.*
 - *Use air conditioning and bed nets when available.*
 - *Be extra vigilant during dawn and dusk when mosquitos and other insects are more prone to bite.*
 - *Check the 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 the center of hiking trails. Avoid high grass and bushes.*
- *Bring an antibiotic to be taken in case of [Traveler's Diarrhea](#).*
- *[Protect themselves from sun exposure](#) by appropriately using sunscreen (≥ 30 SPF) and, when possible, wearing long sleeves and a hat.*
- *Practice [hand hygiene](#) and [safe food/drink choices](#)*
- *Avoid any contact with any animal or wildlife (including domesticated pets) unless directly supervised by a trip chaperone.*
- *Not swim in any body of water unless approved to do so by their trip leader.*
- *Always be aware of their surroundings and reach out to a trip leader if they notice anything suspicious or askew.*

Despite the use of vaccines and the above practices to reduce risk of disease, there is still a risk of acquiring serious illness or disease while abroad. We ask that you review the [CDC's website regarding travel to the Bahamas](#) to obtain a better perspective on the potentially serious health risks and disease exposures involved in traveling to this destination. Please feel free to reach out to our office if you have any questions or concerns.

Our nurse practitioner, Ms. Cara Soifer, or I will meet with all students going on this trip individually prior to the trip to review their health history including medical problems, medications, allergies and immunizations. We will update any needed immunizations at that time and determine appropriate Traveler's Diarrhea medication. We typically recommend azithromycin (Z-pak) as a Traveler's Diarrhea medication. If vaccines are needed, charges will be billed to your child's student account. Medication will be billed to your child's health insurance, though coverage may vary.

If you want to schedule an appointment with your child's PCP or with a travel medicine specialist to receive immunizations, medication and travel advice, please do so during an upcoming break.

Please complete and sign the enclosed Travel Health Questionnaire by November 24, 2025.

Please feel free to contact me with any questions or concerns you may have regarding this advisory.

Sincerely,

A handwritten signature in cursive script that reads "Bryant E. Benson MD".

Bryant E. Benson, MD
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Services
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