

Health and Safety Information

1. Are vaccinations required in order for me to go to The Amazon?

There are certain vaccinations that are required and/or recommended for travel into the Amazon region. These can be given through your doctor, with the exception of the yellow fever vaccination, which must be given through your local County Health Department or a clinic that specializes in travel medicine. The recommended and/or required vaccinations are as follows:

- **HEPATITIS A:** Given in two doses (2nd dose 3 to 6 months following the 1st dose). Good for life after 2nd dose.
- **HEPATITIS B:** Given in three doses (2nd dose 1 month following the 1st dose; 3rd dose 6 months following the 1st dose). Good for life after 3rd dose.
- **TWINRIX: Combination Hepatitis A and Hepatitis B.** Given in three doses (2nd dose 1 month following the 1st dose; 3rd dose 6 months following the 1st dose). Good for life after 3rd dose. NOTE: TWINRIX is given instead of Hep A and Hep B not in addition to.
- **TETANUS / DIPHTHERIA:** Booster required every 10 years.
- **MALARIA:** Weekly tablets should be taken once a week starting 1 week prior to travel, and continuing weekly during travel, and then for 4 weeks after travel. There is also a daily tablet available that is taken starting 1 to 2 days prior to travel, continuing during the duration of the trip, and then for 7 days after travel. Ask your doctor for more specific directions.
- **YELLOW FEVER:** 1 dose valid for 10 years. NOTE: When you receive the Yellow Fever shot, you will be given a yellow vaccination record that you will take with you when you travel.

2. Where should I go to get the shots?

Typically, the most inexpensive place to get your immunizations is at your local County Health Department. Depending on your insurance, it may or may not be cost effective for you to get them from your regular family doctor. It is ideal to schedule your vaccinations to begin 4 to 6 months prior to your departure date.