

CHATHAM HALL IN SOUTH AFRICA 2012



IMMUNIZATIONS

DIPHTHERIA /PERTUSSIS / TETANUS (DPT)

Considered a “basic” immunization, many Americans were immunized as children. The shot offers immediate immunity.

MEASLES / MUMPS / RUBELLA (MMR)

This is also considered a “basic” immunization. Most US adults have already been inoculated. The shot offers immediate immunity.

HEPATITIS A

Hepatitis A is an infection of the liver. It may be transmitted person-to-person; via contaminated water, ice, or shellfish; or from fruits or uncooked vegetables contaminated through handling. Hepatitis A immunity is typically acquired by taking two shots six months apart. This series is known as the *Havarix* series. The first shot should be taken no later than 14 days prior to departure. The second shot must be taken six months later.

TYPHOID

Typhoid fever is a bacterial disease transmitted through contaminated food/water, or directly between people. Symptoms of typhoid include fever, headaches, fatigue, loss of appetite, and constipation. Typhoid fever can be treated effectively with antibiotics. The vaccine is oral. Two recommended vaccines provide equivalent protection against typhoid. Each consists of four capsules taken every other day over a seven-day period, and each requires a booster after five years.

FOR COMPREHENSIVE INFORMATION

For comprehensive information, please visit the website of the U.S. Centers for Disease Control & Prevention at

<http://wwwnc.cdc.gov/travel/destinations/south-africa.htm>.