Brazil/Amazon Immunization Information and Waiver Form

The following information is from the Centers for Disease Control and Prevention (CDC) Travelers Health website http://wwwnc.cdc.gov/travel/destinations/traveler/none/brazil.

It is critical that you understand the risks of travelling in Brazil and in particular into remote areas along the Amazon River. Below are the recommendations of the CDC for immunizations that will help you stay healthy as well as information on Malaria and Malarial prophylaxis.

Participants on this program must have all of their childhood/routine immunizations up to date. Routine immunizations include measles-mumps-rubella (MMR) vaccine, diphtheria-tetanus-pertussis vaccine, varicella (chickenpox) vaccine, polio vaccine, and your yearly flu shot.

The CDC recommends a variety of immunizations. ERAU strongly urges all participants to speak with their physician and to consider getting all of the recommended immunizations for travel to Brazil. Your health is of critical importance and these immunizations can help you stay healthy while abroad.

You will be asked to read the following information on healthy travel in Brazil and to sign stating that you understand how to stay healthy and the importance of immunizations.

The immunization policy is designed to protect the health of all students. A licensed health care provider must certify immunization data; home records or self-reports are unacceptable. Copies of school or military immunization records will be accepted with appropriate dates and signatures indicated. We must have this information prior to travel.

You must sign the waiver form for each immunization you choose not to receive. You must also bring proof of the immunizations are have received.

Health Information for Travelers to Brazil
# Vaccines and Medicines

Check the vaccines and medicines list and visit your doctor (ideally, 4-6 weeks) before your trip to get vaccines or medicines you may need.

## All travelers: Should be up to date on routine vaccinations. Some vaccines may also be required for travel.

<table>
<thead>
<tr>
<th>Routine vaccines</th>
<th>Make sure you are up-to-date on routine vaccines before every trip. These vaccines include measles-mumps-rubella (MMR) vaccine, diphtheria-tetanus-pertussis vaccine, varicella (chickenpox) vaccine, polio vaccine, and your yearly flu shot.</th>
</tr>
</thead>
</table>

## Most travelers: Get travel vaccines and medicines because there is a risk of these diseases in the country you are visiting.

<table>
<thead>
<tr>
<th>Hepatitis A</th>
<th>CDC recommends this vaccine because you can get hepatitis A through contaminated food or water in Brazil, regardless of where you are eating or staying.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Typhoid</td>
<td>You can get typhoid through contaminated food or water in Brazil. CDC recommends this vaccine for most travelers, especially if you are staying with friends or relatives, visiting smaller cities or rural areas, or if you are an adventurous eater.</td>
</tr>
</tbody>
</table>

## Some travelers: Ask your doctor what vaccines and medicines you need based on where you are going, how long you are staying, what you will be doing.

<table>
<thead>
<tr>
<th>Hepatitis B</th>
<th>You can get hepatitis B through sexual contact, contaminated needles, and blood products, so CDC recommends this vaccine if you might have sex with a new partner, get a tattoo or piercing, or have any medical procedures.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Malaria</td>
<td>When traveling in Brazil, you should avoid mosquito bites to prevent malaria. You may need to take prescription medicine before, during, and after your trip to prevent malaria, depending on your travel plans, such as where you are going, when you are traveling, and if you are spending a lot of time outdoors or sleeping outside. Talk to your doctor about how you can prevent malaria while traveling. For more information on malaria in Brazil, see malaria in Brazil.</td>
</tr>
</tbody>
</table>
| Rabies      | Although rabies can be found in dogs, bats, and other mammals in Brazil, it is not a major risk to most travelers. CDC recommends this vaccine only for these groups:  
  - Travelers involved in outdoor and other activities in remote areas that put them at risk for animal bites (such as adventure travel and caving).  
  - People who will be working with or around animals (such as veterinarians, wildlife professionals, and researchers).  
  - People who are taking long trips or moving to remote areas in Brazil  
  - Children, because they tend to play with animals, might not report bites, and are more likely to have animal bites on their head and neck. |  
| Yellow Fever| Yellow fever is a risk in certain parts of Brazil, so CDC recommends the yellow fever vaccine for travelers 9 months of age or older to these areas. For more information on this recommendation, see yellow fever recommendations and requirements for Brazil. Your doctor can help you decide if this vaccine is right for you based on your travel plans. For more information, see vaccine recommendations by municipality and state. |
Healthy Travel Packing List

Pack items for your health and safety.

- Remember to pack extras of important health supplies in case of travel delays. This is especially important for items that may be difficult to get at your destination, like prescription medicines.
- You may not be able to purchase and pack all of these items, and some may not be relevant to you and your travel plans. Some items, like your prescriptions, sunscreen, and insect repellent, should go with you on almost every trip. Talk to your doctor about which items are most important for you.
- This list is general and may not include all the items you need. Some travelers may need additional health items, such as travelers who are pregnant, immune compromised, or traveling for a specific purpose like humanitarian aid work. Check our Traveler Information Center for more information if you are a traveler with specific health needs.

Medicines and Medical Supplies

- **Prescription medicines you take for existing conditions**
  Medicines you take regularly and copies of your prescriptions

- **Medical supplies you use for existing conditions**
  Examples:
  - Eyeglasses and contacts with copies of your prescription for glasses/contacts.
    Consider packing spare glasses and contacts in case yours are damaged.
  - Needles or syringes, such as for diabetes. (Requires a letter from your doctor on letterhead stationery.)
  - Insulin supplies
  - Inhalers
  - Epinephrine auto-injectors (EpiPens)
  - Medical alert bracelet

- **Special prescriptions for the trip**
  Ask your doctor about taking special medicines or supplies:
  - Antibiotic for travelers' diarrhea
  - Commercial suture/syringe kit to be used by local health care provider (requires letter from your doctor on letterhead stationery)
  - Medicine to prevent altitude sickness
  - Medicines to prevent malaria, if appropriate

- **Over-the-counter medicines**
  Examples:
  - Antacid
  - Diarrhea medicine (for example, loperamide [Imodium] or bismuth subsalicylate [Pepto-Bismol])
  - Antihistamine
  - Motion sickness medicine
  - Cough drops
  - Cough suppressant/expectorant
  - Decongestant
  - Medicine for pain and fever (such as acetaminophen, aspirin, or ibuprofen)
  - Mild laxative
  - Mild sedative or other sleep aid
  - Saline nose spray
Supplies to prevent illness or injury

- **Hand sanitizer or wipes**: Alcohol-based hand sanitizer containing at least 60% alcohol or antibacterial hand wipes
- **Insect repellent**: Select an insect repellent based on CDC recommendations: [Avoid Bug Bites](#)
- **Permethrin**: Permethrine is insect repellent for clothing. It may be needed if you spend a lot of time outdoors. Clothing can also be treated at home in advance.
- **Bed net**: For protection against insect bites while sleeping
- **Sunscreen**: (SPF 15 or greater) with UVA and UVB protection. See [Sun Exposure](#).
- **Sunglasses and wide brim hat**: Wear for additional sun protection
- **Safety equipment**: Examples: child safety seats, bicycle helmets
- **Earplugs**
- **Water purification tablets**: See CDC recommendations: [Water Disinfection](#).
- **Latex condoms**

First-Aid Kit

- **First aid creams or gels**
  - 1% hydrocortisone cream
  - Antifungal and antibacterial ointments or creams
  - Antiseptic wound cleanser
  - Aloe gel for sunburns
  - Insect bite treatment (anti-itch gel or cream)
- **Bandages and blister care**
  - Bandages (multiple sizes), gauze, and adhesive tape
  - Moleskin or molefoam for blisters
- **Elastic bandage wrap**
  Elastic/compression bandage wrap for sprains and strains
- **Equipment**
  - Disposable gloves
  - Digital thermometer
  - Scissors and safety pins
  - Cotton swabs (Q-Tips)
  - Tweezers
- **Eye drops**
- **Oral rehydration salts**
Documents

- **Health insurance documents**: Health insurance card (your regular plan and/or supplemental travel health insurance plan) and copies of claim forms
- **Proof of yellow fever vaccination**: If required for your trip, take your completed International Certificate of Vaccination or Prophylaxis card or medical waiver
- **Copies of all prescriptions**: Make sure prescriptions include generic names. (Bring prescriptions for medicines, eye glasses/contacts, and other medical supplies).
- **Contact card**: Carry a contact card containing the street addresses, phone numbers, and e-mail addresses of the following:
  - Family member or close contact remaining in the United States
  - Health care provider(s) at home
  - Lodging at your destination
  - Area hospitals or clinics, including emergency services
  - U.S. embassy or consulate in the destination country or countries

### After Your Trip

If you are not feeling well after your trip, you may need to see a doctor. If you need help finding a travel medicine specialist, see [Find a Clinic](#). Be sure to tell your doctor about your travel, including where you went and what you did on your trip. Also tell your doctor if you were bitten or scratched by an animal while traveling.

If your doctor prescribed antimalarial medicine for your trip, keep taking the rest of your pills after you return home. If you stop taking your medicine too soon, you could still get sick.

**Malaria is always a serious disease and may be a deadly illness.** If you become ill with a fever either while traveling in a malaria-risk area or after you return home (for up to 1 year), you should seek **immediate** medical attention and should tell the doctor about your travel history.
Brazil/Amazon Immunization Information and Waiver Form Summer 2014

Name________________________________Student ID#____________________________DOB___/___/___

Required Immunization Data:

The immunization policy is designed to protect the health of all students. A licensed health care provider must certify immunization data; home records or self-reports are unacceptable. Copies of school or military immunization records will be accepted with appropriate dates and signatures indicated. We must have this information prior to travel. Please bring proof of immunizations to the Director of Study Abroad building 17 room 119. This information will be shared with the Wellness Center and with the faculty.

ALL TRAVELERS

A: ROUTINE VACCINES:
Make sure you are up-to-date on routine vaccines before every trip.

1. Measles-mumps-rubella (MMR) vaccine: This vaccine is required of all students on campus. Students born after Dec. 31 1956 must provide proof of two doses administered on or after the first birthday. The second dose of MMR must be administered 30 days or more after the first dose. Alternately, student may provide copies of laboratory reports indicating positive antibody titers for these diseases. Students born prior to Dec. 31, 1956 are considered to have natural immunity.

$1^{st}$ MMR ___/___/___ $2^{nd}$ MMR ___/___/___

2. Diphtheria-tetanus-pertussis vaccine: Typically given in 5 doses as a child but a variant (DTaP) is available for adults between the ages of 11 and 65. According to the CDC, this vaccine should be updated every 10 years.

3. Varicella (chickenpox) vaccine: Generally given to children under the age of 13. If you have never been vaccinated against chickenpox and have not been immunized, as a college student and international traveler you should consider this immunization before travel to Brazil.

4. Polio vaccine: Typically given to children in the United States in a series of doses between the ages of two months and six years. If you need to get this vaccination as an adult you will need a minimum of 6 months to get the three doses.

MOST TRAVELERS

B. Hepatitis A is a recommended childhood vaccination. If you have not received this vaccination you should consider it prior to travel to Brazil. It is best to start the vaccine series at least one month before traveling. (Some protection may still result if the vaccine is given on or closer to the travel date.) Some people who cannot get the vaccine before traveling, or for whom the vaccine might not be effective, can get a shot called immune globulin (IG). IG gives immediate, temporary protection. Two doses of the vaccine are needed for lasting protection. These doses should be given at least 6 months apart.

C. Typhoid: If you are traveling to a country where typhoid is common, you should consider being vaccinated against typhoid. Visit a doctor or travel clinic to discuss your vaccination options. You will need to complete your vaccination at least 1-2 weeks (dependent on vaccine type) before you travel so that the vaccine has time to take effect. If you were vaccinated in the past, check with your doctor to see if it is time for a booster vaccination. Taking antibiotics will not prevent typhoid fever; they only help treat it.
D. **Hepatitis B**: This immunization is required of all students on campus or a waiver must be completed if you do not have this immunization.

Hepatitis B:  
Dose 1: ___/___/___  
Dose 2: ___/___/___  
Dose 3: ___/___/___

E. **Rabies**: Rabies occurs primarily in dogs and bats in Brazil. Travelers visiting areas where rabies is enzootic and immediate access to appropriate medical care including biologics is limited should consider getting the pre exposure rabies vaccination. You will be visiting remote areas where medical care is difficult to obtain or may be delayed, for example, hiking through remote villages where dogs are common. Your stay is longer than 1 month in an area where dog rabies is common. The longer your stay, the greater the chance of an encounter with an animal. The rabies vaccination is typically given in 3 doses; one injection per day on days 0, 7, and 21 or 28.

F. **Yellow Fever**: Is a mosquito borne disease that is endemic to most of Brazil. Yellow fever can be prevented by vaccination. Travelers should also take precautions against mosquito bites when in areas with yellow fever transmission. Travelers should get vaccinated for yellow fever before visiting areas where yellow fever is found. If you continue to live or travel in yellow fever-endemic areas, you should receive a booster dose of yellow fever vaccine after 10 years. In the United States, the vaccine is given only at designated yellow fever vaccination centers. International regulations require proof of yellow fever vaccination for travel to and from certain countries. People who get vaccinated should be given an International Certificate of Vaccination. Also note that the vaccine is to be given 10 days before travel to an endemic area. **Yellow Fever vaccination is recommended for travellers to the state of Amazonas in Brazil.**

G. **Malaria** is a mosquito borne disease and there is no vaccination against Malaria. Malaria is prevalent in Brazil. There are prophylactic medications one can take to prevent/lessen the effects of the disease. Travelers should also take precautions against mosquito bites when in areas with malaria transmission. Please speak with your care provider about malarial prophylactic medications.

**I have read the detailed information provided regarding the risks of contracting the above mentioned diseases and the potential benefits of being vaccinated and/or taking prophylactics to reduce those risks.**

- [ ] I decline to receive **Hepatitis A** vaccines
- [ ] I decline to be vaccinated against **Typhoid**
- [ ] I decline to receive **Hepatitis B** vaccinations
- [ ] I decline to receive the pre exposure **Rabies** vaccinations
- [ ] I decline to be vaccinated against **Yellow Fever**
- [ ] I decline to take **Malaria prophylactics**

_________________________________________  
Student Signature  
Date ___/___/

**AUTHORIZATION FOR TREATMENT**

I hereby grant permission to the ERAU Faculty raveling to Brazil to render any health care or emergency treatment or hospitalization at an accredited or other medical, psychological or dental care facility when considered necessary by the faculty.

_________________________________________  
Student Signature  
Date ___/___/