



TO THE HEALTH CARE PROFESSIONAL:

Your patient has been chosen for a cultural delegation to the island of Ometepe, a low income, low resource, rural volcanic island in Lake Nicaragua. They will be living with a local, non-English speaking family, which can be stressful. They will be accompanied by chaperones and a medical professional but resources for evaluation and treatment are limited. The most common health risks relate to insect bites, GI illnesses (contaminated water/food), and homesickness/anxiety. Medical services are limited. Thus, in the interest of the personal safety of both the delegate and the other team members, please carefully consider the questions on the attached form when completing it. "Yes" answers do not preclude the student's participation, but they will help us be prepared. If we have any questions we will call the student. With this in mind, please assess the student's suitability for participation.

Thank you very much.

WHAT WE RECOMMEND:

IMMUNIZATIONS: All childhood immunizations must be up to date. In addition/especially:

1. **Typhoid immunization:**
 - Parenteral inactivated: Given at least 2 weeks before travel, good for 2 years OR
 - Oral, live attenuated (Viotef): Written as Rx to be filled at pharmacy, refrigerated, 1 capsule with water on empty stomach QOD X 4 doses. Last dose at least one week before travel. Good for 5 years
2. **Tdap:** Recommended within 5 years.
3. **Influenza:** Flu season in southern hemisphere is approx. April to October so recommend repeat if given >6 months prior to travel.
4. **Hepatitis A:** At least one dose, preferably two.
5. **Covid-19 vaccine:** Initial series required for entry into Nicaragua. Also should have up to date booster.

Note: Per the CDC, **Malaria** prophylaxis and **Yellow Fever** are not necessary. **Rabies** is optional but not routinely recommended.

MEDICATIONS:

PRESCRIPTONS we ask you to consider/provide for the student to carry:

1. **Azithromycin 250 mg.** 4 capsules X 1 or 2 capsules BID X 3 days (#4 or #6) to take for moderate or severe traveler's diarrhea.
2. **Ondansetron oral dissolving tablets (ODT) 4 mg:** 1 tablet placed under tongue every 6-8 ours as needed for vomiting.
3. Albuterol MDI if history of asthma
4. Epi-pen or Adrenacllick if any history concerning for severe allergy/anaphylaxis. Student must know how to use. Inject into thigh, may be repeated in 5-15 minutes. Packet of 2.
5. Student's usual prescription meds, including oral contraceptives if relevant

RECOMMENDED OTC MEDS (include on med list at end of form):

1. Acetaminophen
2. Ibuprofen
3. Non-sedating antihistamine (loratadine/cetirizine/fexofenadine) for bug bites (itching), allergy
4. 1% hydrocortisone cream as needed for itching
5. Diphenhydramine 50 mg if student brings epinephrine injector.
6. Loperamide 2 mg—2 tabs after unformed stool. May repeat with 1 tablet after each unformed stool to a maximum of 16 tabs/day. Do not use if fever or blood in stool present.
7. Include any other OTC meds/vitamins the student wishes to carry.