

Medical Fact Sheet



Vaccinations

Please check with your local health clinic or travel clinic to get the appropriate vaccinations for traveling to Zambia. Many of these shots need to be spaced out so please allow enough time for them. You will be issued a yellow card or a vaccination card. You should keep this with your passport at all times.

Malaria

Malaria is in Zambia. We suggest that you take a malaria prophylactic when traveling here. Your doctor can prescribe one for you. This is only a preventative. Malaria treatment medication can be purchased for you to take back to the US once you have arrived. This is a wise thing to pick up since treatment is not readily available in the US. (Approximately \$20) Also bring bug spray with you. This includes bug spray for your room if it is permissible by your airline.

First Aid Kit

Each team should bring a first aid kit with them. This should include ibuprofen and basic medication for the entire team. We do have access to clinics if there is a small emergency such as needing stitches or a leg break. Please make sure to include Pepto Bismal in your kit. **DO NOT BRING IMMODIUM!!!!**

Hand Sanitizer/Wipes

You may want to bring hand sanitizer and hand wipes with you. We are often times in compounds and do not have access to water for washing before meals.

De-worming

Please check with your doctor regarding de-worming once you have returned to the USA. There are many parasites here in Zambia and just to make sure you do not pick anything up, it is wise to do this once you have returned to the USA.

Personal Medication

Please notate any personal medications on your medical information form. Also please remind us once you arrive in Zambia

Emergency Evacuation

In case of a major medical emergency there is airlift available to South Africa. Please make sure that you have coverage through your insurance. Without emergency airlift or emergency evacuation insurance this could cost anywhere from \$30,000-\$100,000.