

## Health and Safety

The health of travelers is paramount. There are several things travelers can do to be well prepared. First, consult with your personal physician, local travel clinic or Public Health Department for recommended immunizations. While we will not be traveling in high disease areas and there are no required immunizations, it is best to be cautious. Yellow Fever, Hepatitis A and B and Typhoid should be considered. Your DPT inoculation should also be current. It is essential that you have and remember to use an anti-malarial. This will require a doctor's prescription and can be obtained at the time of your immunizations.

### **PROPER HEALTH PREPARATIONS FOR THE TRIP ARE THE RESPONSIBILITY OF THE TRAVELER**

Another excellent source of advice is the Center for Disease Control which has a web site devoted to precautions for developing countries including Tanzania. The CDC can be accessed via the Internet at: [www.cdc.gov/travel/eafrica.htm](http://www.cdc.gov/travel/eafrica.htm).

If you regularly take medications, these should be carried in their original containers which identify the medication. In the unlikely event that our return to the U.S. is delayed, be sure you bring an extra supply of your medications.

***If you have a health condition that in any way may affect you while traveling, however minor, please advise the trip leaders before departure.***

"Traveler's diarrhea" may affect some. Over-the-counter remedies like Pepto Bismol and Imodium are good to have along and difficult to obtain in Tanzania. You may wish to ask your doctor about Cipro, a prescription drug used to treat intestinal tract infection. **Drink only bottled water** which will be provided everywhere including while traveling.

**Anti-bacterial, waterless hand-wash is a must.** This comes in small, plastic bottles which can be discreetly used after a "hand-shaking stop" in villages or before meals. Bring several bottles! **There is nothing you can do that will be more effective in warding off unpleasant traveler's diarrhea than washing your hands! To avoid eye infection, be very careful about rubbing your eyes with dirty hands!**

Ear plugs for sleeping may be helpful; loud bird calls in the early morning cause sleeping problems for some. Eye shades are another option since rooms cannot be easily darkened.

Our travelers have rarely experienced any serious health difficulties during our trips or after return. However, it is always best to be cautious.

The biggest health concern travelers face is accidents that they themselves can avoid with a few, simple precautions. **Be Careful!** Be careful when walking near roadways. In Tanzania, pedestrians are expected to give way for cars! Be careful on slippery trails; bring proper foot-gear for walking and hiking (no sandals in the bush please or you could discover how "fire ants" got their name). Please be especially careful in slick, tiled shower stalls and on slippery bathroom floors. **We highly recommend non-slip shower shoes.** Magellans Travel Supplies ([www.magellans.com](http://www.magellans.com)) is a good source for shower shoes and other travel accessories (like an inflatable neck pillow for the plane).

We do carry a well-stocked emergency medical bag with us at all times.



**Bottom line for having a great trip:  
Get the proper immunizations and malaria medication,  
wash your hands regularly and be careful!**