

Vaccinations Recommendations for Travel to Swaziland

Each individual is responsible to decide what vaccinations they feel they want or need. A short overview of recommendations for Swaziland from the Centers for Disease Control and Prevention is given. Please refer to their website for full details, and consult your health care provider for their recommendations for you personally.

Here is a direct link to their website and all the recommendations and information they have about traveling to Swaziland:
<http://wwwnc.cdc.gov/travel/destinations/swaziland.aspx>

If you want and need to get the Hep-A & B shots, you need about 6 months to complete the series. There are other options that provide short term immunity. The full series is not required, but gives long term protection. Ask a health care provider or Doctor about your options.

Check prices and availability for vaccinations from these resources:

Your Health Care Provider: ?

Champaign Urbana Health District (age 19 and over): Theresa 531-2922

Maternal Child Health Department (under age 19): Lisa 531-4319

Carle Travel Clinic: 383-1554

In brief overview, the following is a list of recommended vaccinations against preventable diseases for Swaziland:

Routine vaccinations - Recommended if you are not up-to-date with routine shots such as, measles/mumps/rubella (MMR) vaccine, diphtheria/pertussis/tetanus (DPT) vaccine, poliovirus vaccine, etc.

Hepatitis A - Starts with one or two shots now and a final dose 6months later is recommended for full immunity. You can also get shots in one appointment to cover you for the trip. Recommended for all unvaccinated people traveling to or working in countries with an intermediate or high level of hepatitis A virus infection where exposure might occur through food or water. Cases of travel-related hepatitis A can also occur in travelers to developing countries with "standard" tourist itineraries, accommodations, and food consumption behaviors.

Hepatitis B - Has similar schedule as Hepatitis A, and can be received as a combination HepA&B shot series called TWINRIX. Recommended for all unvaccinated people traveling to or working in countries with an intermediate or high level of hepatitis A virus infection where exposure might occur through food or water. Cases of travel-related hepatitis A can also occur in travelers to developing countries with "standard" tourist itineraries, accommodations, and food consumption behaviors.

With regard to Hep-A & B: "Ideally, vaccination should begin at least 6 months before travel so the full vaccine series can be completed before departure. Because some protection is provided by one or two doses, the vaccine series should be initiated, if indicated, even if it cannot be completed before departure. Optimal protection, however, is not conferred until after the final vaccine dose. Travelers should be advised to return for completion of the vaccine series."

Typhoid - Can be administered orally or by vaccine. Recommended for all unvaccinated people traveling to or working in Southern Africa, especially if visiting smaller cities, villages, or rural areas and staying with friends or relatives where exposure might occur through food or water.

Past travel teams have chosen to take a prescription antimalarial drug. Although not present where we will be, malaria is present in districts close to where we will be located. The season the team travels may also determine the need for antimalarial drugs (i.e no mosquitoes in cooler weather).

I personally have all of the above vaccinations, but again, please consult your Doctor or health care provider to obtain recommendations. Unlike myself, they are qualified to answer questions and concerns. If you have other medication or health issues, they will also be able to address these for you.

Sincerely,
Don King
Travel Team Leader