

# 2017 Overseas Immunizations

The following Vaccinations are required for your participation on a Breaking Borders global mission.  
Thank you!

## WEST AFRICA REGION – THE GAMBIA:

**Routine** 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.

**Yellow Fever** CDC **yellow fever vaccination recommendation** for travelers to The Gambia: For all travelers  $\geq 9$  months of age. **The Gambia requires** travelers arriving from [countries where yellow fever is present](#) to present proof of yellow fever vaccination. Vaccination should be given 10 days before travel and at 10 year intervals if there is on-going risk. [Find an authorized U.S. yellow fever vaccination clinic.](#)

**Hepatitis A** or immune globulin (IG)  
related hepatitis A can also occur in travelers to developing countries with "standard" tourist itineraries, accommodations, and food consumption behaviors.

**Hepatitis B** Recommended for all unvaccinated persons traveling to or working in countries with intermediate to high levels of endemic HBV transmission ([see map](#)), especially those who might be exposed to blood or body fluids, have sexual contact with the local population, or be exposed through medical treatment (e.g., for an accident).

**Typhoid** Recommended for all unvaccinated people traveling to or working in West Africa, especially if visiting smaller cities, villages, or rural areas and staying with friends or relatives where exposure might occur through food or water.

### **Meningococcal (meningitis)**

**Polio** Recommended for adult travelers who have received a primary series with either inactivated poliovirus vaccine (IPV) or oral polio vaccine (OPV). They should receive another dose of IPV before departure. For adults, available data do not indicate the need for more than a single lifetime booster dose with IPV.

## Malaria

**Areas of The Gambia with Malaria:** All.

If you will be visiting an area of The Gambia with malaria, you will need to discuss with your doctor the best ways for you to avoid getting sick with malaria. Ways to prevent malaria include the following:

Taking a prescription antimalarial drug

Using insect repellent and wearing long pants and sleeves to prevent mosquito bites

Sleeping in air-conditioned or well-screened rooms or using bednets

All of the following antimalarial drugs are equal options for preventing malaria in The Gambia:  
Atovaquone/proguanil, doxycycline, or mefloquine.

**Note: Chloroquine is NOT an effective antimalarial drug in The Gambia and should not be taken to prevent malaria in this region.**

All vaccination requirements are taken from the Center for Disease Control Web site of the US government:  
[www.cdc.gov](http://www.cdc.gov)