

## Guidelines for Travel Consults Environmental Studies FSP: South Africa and Namibia

Faculty Advisor: Doug Bolger  
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Environmental Studies FSP

### Scheduling an Appointment with Dick's House

You can schedule an appointment for your travel consultation online. Please sign on to your banner page and find the health services site. There will be an option on this site to schedule an appointment. You will be prompted to fill out a questionnaire about your trip prior to scheduling the appointment. We recommend you schedule the appointment in the next few months (at least one month prior to your trip) because it takes time for the vaccines to take effect. If you have difficulties scheduling online, you may call the appointment office at 603-646-9401. If you have any questions about the cost of vaccines, we recommend you contact the billing office at 603-646-9439.

All Dartmouth travelers visiting international locations are now required to register their Dartmouth travel in the [Global Dartmouth Travel Registry](#). The travel registry will help Dartmouth facilitate the delivery of support services in the event of an emergency. Dartmouth travelers include all Dartmouth community members (students, faculty, staff, alumni, volunteers, and others) who are participating in Dartmouth programs. Please read Dartmouth's [Travel Safety Policy](#) for more information. For additional details, visit the [Global Dartmouth website](#). If you have questions about the policy or the registration process, please email [global.dartmouth@dartmouth.edu](mailto:global.dartmouth@dartmouth.edu).

### Recommended Vaccines for all Travelers

Hepatitis A  
Typhoid (oral is preferred)  
Hepatitis B  
Polio booster – if no adequate primary series (no adult booster needed)  
Influenza vaccine if available  
MMR  
Tdap (if no booster within past 10 years; Tdap is recommended every 10 years for travelers)  
Varicella (if not immune by history of illness)  
Rabies: for any adventurous travel

Yellow fever vaccine is not required for this trip but please talk with your provider regarding any independent travel plans including airport layovers. For South Africa, one lifetime dose of Yellow Fever vaccine is required if you are coming from countries with risk of YF, **including any layover or other travel through those countries.**

### Prescriptions

Azithro 500 mg 3 tabs (For blood or fever with diarrhea. Advise patient to only take med until diarrhea resolves)

Malaria: Malarone (**22**). We are **not recommending doxycycline** for this trip due to the sun sensitivity. Please ask about any independent travel plans. They may need more medications for malaria prophylaxis if independent travel is planned. Dr. Bolger will be telling them when to start their medication during the trip.

### Other

**If you have any physical or mental health concerns, please discuss these with your travel health provider to create a proactive plan to maintain your health through your trip. We also encourage you to share any concerns with your**

**program faculty to help plan for any support or accommodation you may need. Non-crisis mental health support can be accessed via UWill or iSOS.**

Note: If you are taking oral typhoid vaccine you need to keep the medication refrigerated. You should also not be taking the oral typhoid while taking oral antibiotics.

Remember to bring any prescription medication in its original container and transport it in your carry-on luggage. Prescription medications may be challenging to obtain, please bring enough for your entire term. Also plan to bring a supply of facemasks, hand sanitizer, a thermometer, and other over-the-counter medications you may need, including Imodium, acetaminophen, ibuprofen, Benadryl, and insect repellent. You can purchase a small travel kit with trial sized containers of these over-the-counter medications at the Dartmouth College Health Service pharmacy. Also consider bringing condoms/Plan B.

If you have ever had an epi-pen prescribed, please bring an up-to-date epi-pen with you on the program. This should always be accessible, including on any side trips. Ask your travel health provider for an updated prescription as needed.

Insect precautions (30% DEET) are recommended day and night for the entire trip. In addition to malaria risk in areas of Namibia, there will be risk for tick-borne illness and other disease transmitted by insects. Showers every evening and skin inspection every day is important (consider a tick buddy!). Ticks in this area can transmit “tick bite fever” (headaches are a major symptom, treated with tetracycline which is available locally). Chikungunya and dengue are other diseases spread by daytime insects and can be a very serious illnesses.

Follow food and water precautions (drink bottled water as much as possible, avoid raw fruits and vegetables). Make sure all your meat and seafood are cooked all the way through. Avoid unpasteurized milk products (risk of brucellosis). Frequent hand washing is also important. There is a risk for traveler’s diarrhea. **You will be given a prescription for azithromycin (antibiotic) at your travel consult that can be taken for severe diarrhea.** Fill the prescription before you depart and bring it with you in case you need it. You should take this if you develop fevers or blood in your stools. If you do take the antibiotic, discontinue other anti-diarrheal medications. For milder diarrhea, focus on staying well hydrated and use [Imodium](#) or another anti-diarrheal medication.

Avoid dogs, bats, and wild animals to protect against rabies. Any bites or scratches should be soaked and scrubbed for 15 minutes. You should then seek medical attention immediately to receive rabies vaccine. You need to seek medical attention even if you have already been immunized. The trip leader knows where medical help is everywhere on the route and will facilitate care as needed.

Use sun protection. Sunscreen is very important for this trip. The temperatures can reach over 100 degrees. **STAY HYDRATED!**

There is risk for schistosomiasis, avoid freshwater swimming.

HIV risk is high.

Be mindful of your personal safety. Especially at night, be sure not to walk/travel alone and have a plan to contact friends for support or a ride if needed. Only ride in registered taxis. Moderate risk of petty crime, particularly in tourist or crowded areas.

There is a small risk for tuberculosis. South Africa is in highest risk category (>100 cases per 100,000 persons). Students develop any concerning symptoms should be evaluated.

There is a risk of exposure to Covid-19 on this itinerary. The Guarini Institute is closely monitoring daily new cases and case trends for your program. There may be a quarantine, testing or vaccination requirement to enter the country. The Guarini Institute will provide updates regarding any requirements and Covid-19 protocols. Please review the separate “Covid-19 and Travel” handout for more detail regarding risks and prevention. We encourage you to take masks and

testing kits with you on the program. Testing kits are currently available at Dartmouth College Health Services in the foyer.

We encourage you to enroll in the Smart Traveler Enrollment Program (STEP), a free service to allow U.S. citizens and nationals traveling abroad to enroll their trip with the nearest U.S. Embassy or Consulate. You will receive important information from the Embassy about safety conditions in your destination country, helping you make informed decisions about your travel plans. This program helps the U.S. Embassy contact you in an emergency, whether natural disaster, civil unrest, or family emergency. To enroll, visit <https://step.state.gov/step/>

If you are not a U.S. citizen, please contact your Embassy to register your trip.

Please review the Dartmouth Travel Assistance Program at <https://www.dartmouth.edu/rmi/rmstravel/>. This site has links to register with iSOS, Dartmouth's travel assistance partner. Please refer to the separate iSOS/STARR handout for details on travel assistance, medical evacuation, and medical insurance while you are abroad. Non-crisis mental health support can be accessed via UWill or iSOS.

Jinny Brack, MD  
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