



Travel Health Guidance 2025 Fall: Environmental Studies (ENVS) Southern Africa

Scheduling a Travel Consultation Appointment with Dick's House

- **Can schedule online:** We recommend scheduling your appointment **at least one month before your departure**, as some vaccines take time to become effective. You'll be asked to complete a travel questionnaire before booking.
 - As an alternative to scheduling online, you can call the appointment office at 603-646-9401.
 - For questions about vaccine costs, contact the billing office via a secure message through your health portal or by calling 603-646-9439.

Recommended Immunizations for all Travelers

- Hepatitis A.
- Hepatitis B.
- Typhoid (oral is preferred).
 - Complete the vaccine at least one week prior to departure. Keep the oral vaccine refrigerated and do not take it while using oral antibiotics.
- Influenza vaccine (highest risk April – October).
- Polio booster – if no adequate primary series (no adult booster needed).
- Tdap (if no booster within past 10 years; Tdap is recommended every 10 years for travelers).
- Measles, Mumps, Rubella (MMR).
- Varicella (if not immune by history of illness).
- COVID-19 vaccine and booster.
- **Rabies:** Not routinely recommended but may be considered to maximize protection. Discuss with your travel provider if interested.
- **Yellow Fever:** Not required for this itinerary, but one lifetime dose is required if arriving from a country with Yellow Fever risk (including layovers). Consult your provider regarding independent travel.
- **Mpox:** Moderate risk exists for persons with multiple sex partners, particularly in social networks including men who have sex with men. Consider based on anticipated risk.

Prescriptions

- Azithromycin 500 mg 3 tabs: For fever and diarrhea with blood. Take until symptoms resolve.
- Malaria Prophylaxis: Malarone (26 tablets).
 - Doxycycline is not recommended due to sun sensitivity.

- Inform your provider of any independent travel plans, as additional prophylaxis may be needed. Faculty will advise when to begin taking the medication.

Other

- If you currently receive or anticipate needing support for your physical or mental health while abroad, please speak with your travel health provider and reach out to Student Accessibility Services for accommodations. Also inform your program Faculty Director so proactive plans can be made.
- Observe food and beverage safety precautions. Visit the [CDC Food and Water Safety page](#) for details.
- Bring all prescription medications in their original containers and carry them in your carry-on luggage. Medications may be difficult to obtain abroad—bring enough for your entire program. Also consider bringing:
 - Facemasks.
 - Over-the-counter medications: Imodium, acetaminophen, ibuprofen, Benadryl, insect repellent.
 - Condoms and Plan B (if applicable).
 - COVID test kits (available at Dick’s House foyer).
- If you have been prescribed an EpiPen, bring a current, accessible one. Request a refill from your provider if needed.
- Tick-borne illness risk is present. Shower daily, inspect skin regularly, and consider having a “tick buddy.” Tick bite fever may occur (symptoms include headache and fever); treatment is available locally.
- Use strong sun protection. Temperatures may exceed 100°F. Stay well-hydrated throughout the trip.
- **Animal safety:** Take scratches or bites from dogs, bats, monkeys, or other mammals seriously. Seek postexposure prophylaxis even if vaccinated. Contact iSOS immediately for guidance.
- Avoid unpasteurized dairy and undercooked or raw meats to reduce the risk of **brucellosis**.
- **Insect-borne diseases:** There is risk for dengue fever, chikungunya, and leishmaniasis. Use insect precautions both day and night. [More on repellents from the CDC](#).
- Avoid freshwater swimming due to risk of **schistosomiasis**.
- For personal safety:
 - Do not walk alone at night.
 - Make advance plans to contact friends or arrange transportation.
 - Use only registered taxis.
 - Petty theft is a moderate risk, especially in crowded or tourist-heavy areas.

- **Tuberculosis:** Risk is limited. Discuss concerns with your provider, particularly if you are in healthcare or confined settings. Notify your provider if symptoms (e.g., persistent cough, fever) occur after travel.
- **COVID-19:** Exposure is possible. Bring masks and testing kits (available at Dick's House).

Travel Enrollment & Resources

- **Smart Traveler Enrollment Program (STEP):**
 - <https://mytravel.state.gov/s/step>
 - U.S. citizens should enroll their trip to receive safety updates and enable emergency communication.
- **Non-U.S. Citizens:** Please contact your home country's embassy to register your travel.
- **Dartmouth Travel Assistance (ISOS):**
 - https://www.dartmouth.edu/finance/financial-management/risk_insurance/rmstravel.php
 - Dartmouth students are automatically covered through ISOS/STARR. This does not replace DSGHP or your personal health insurance.
- **Mental Health Resources:**
 - UWill (non-urgent, all students).
 - iSOS (urgent or non-urgent, for Dartmouth-sponsored travel).
- **Pack Smart:**
 - <https://wwwnc.cdc.gov/travel/page/pack-smart>.

Last Updated March 20, 2025