

GHANA VACCINES, 2018

MANDATORY

- Yellow Fever- only one dose!
- Malaria (pills)

SUGGESTED

- Hepatitis A
- Hepatitis B (medical team, sewage, or daycare)
- Typhoid

NOT A BAD IDEA

- Tetanus
- Measles (MMR)

1) **Yellow Fever** - (\$90/dose, \$75/5dose) - MANDATORY for entry into country. Need certificate (known as YELLOW FEVER CARD) for proof of vaccination to keep with passport. Good for life! (this is new). Must get more than 10 days before departure. Occasional side effects.

2) **Hepatitis A** - (\$65) - need one (1) dose for trip, two (2) doses considered life-long protection if the 2nd dose is given 6-12 months after the first. See 3) below for Twinrix.

3) **Hepatitis B** - (\$45) - MANDATORY for medical team, recommended by the CDC for folks working with sewage and for daycare workers. Optional for others. Given as three (3) doses- initial, one (1) month later, six (6) months later. It can be combined with Hepatitis A (Twinrix- \$110/dose)

4) **Tetanus** - (\$20) - Should get one every ten years. Given as diphtheria-tetanus (dt). Can also get diphtheria-pertussis-tetanus (dpt)

5) **Measles** - (\$55) - given as measles-mumps-rubella (MMR). If born before 1957, you are immune and don't need it (unless you are a healthcare worker). If born during or after 1957, you should receive two (2) doses, unless you had the disease. Most have already had this, and don't need revaccination. Measles is highly contagious. There are occasional cases in Ghana. You can't take it if pregnant or immunosuppressed.

6) **Typhoid** - (\$30 oral-\$60 inject) - In past years, we have not taken this and have done OK. The CDC recommends taking it. It is not a great vaccine; it is only 50%-80% effective. There are two forms: oral (vivotif) is a four-capsule regimen, one every other day, immunity for 5 years; injectable (vi capsular) vaccine good for two years. Because of increasing resistance to antibiotics, it might be worth considering. It must be taken more than two weeks before departure. Typhoid is common in Apam.

8) **Malaria** - there are three acceptable drugs that can be used. Choose one.

- **Doxycycline**-\$10) 100 mg once per day, start two (2) days before departure, daily on trip, then daily for four (4) wks after return. Cheap, but it's a lot of pills, and some people don't tolerate it (nausea, photosensitivity, avoid dairy products, etc.).
- **Malarone**- (\$200) -atovaquone-proquanil-250/100 mg - one daily, start two (2) days before departure, take once daily during trip, and once daily for one (1) week after return. Well tolerated, take with food. 23tabs/2w.
- **Lariam**- (\$100) -mefloquine- one/week - begin one week before trip, weekly on trip, then weekly for four (4) weeks after return. Avoid if you have anxiety/depression, seizures, cardiac conduction problems. 7 tabs/2w

Keep track of your own immunizations. Write them in your Yellow Fever card and keep a separate list. Don't forget to keep the Yellow Fever vaccination card with your passport.