

## GHANA VACCINES, 2021

### MANDATORY

YELLOW FEVER  
MALARIA (pills)  
COVID-19

### SUGGESTED

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

### NOT A BAD IDEA

Tetanus  
Measles (MMR)  
Flu

- 1) **Yellow Fever**: You must have a YELLOW FEVER CARD to prove vaccination. Keep it with your passport. Stamaril is currently the only YF vaccination available and as of 02/22/2021 it is available thru Passport Health [www.passporthealthusa.com](http://www.passporthealthusa.com). You must be vaccinated more than 10 days before departure. Sanofi literature states that protection is expected to last 10 years and may be lifelong.
- 2) **Hepatitis A**: One dose for trip. Two doses is considered life-long protection if the 2<sup>nd</sup> dose is given 6-12 months after the first. See 3) below for Twinrix.
- 3) **Hepatitis B**: MANDATORY for medical team, recommended by the CDC for folks working with sewage and for daycare workers. Optional for others. Given as three doses: initial, one month later, six months later. It can be combined with Hepatitis A (Twinrix).
- 4) **Tetanus**: Once every ten years. Given as diphtheria-tetanus (dt) or diphtheria-pertussis-tetanus (dpt).
- 5) **Measles**: Given as measles-mumps-rubella (MMR). If born before 1957, you are immune and don't need it (unless you are a healthcare worker). People born in 1957 or after should receive two 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**: In past years, we have not taken this and have done OK. The CDC recommends 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.
- 7) **Malaria**: Choose one of the following acceptable drugs that are used to prevent Malaria:
  - **Doxycycline**: 100 mg daily beginning two days before departure, during trip and for four weeks after return. Inexpensive. Not tolerated by all (nausea, photosensitivity, avoid dairy products, etc.).
  - **Malarone**: Atovaquone-proquanil-250/100 mg - daily, start two days before departure, then once daily during trip continuing for one week after return. Well tolerated, take with food. 23tabs/2w.
  - **Lariam**: Mefloquine- one/week beginning one week before trip, during trip for four weeks after return. Avoid if you have anxiety/depression, seizures, cardiac conduction problems. Seven tabs/2w.
- 8) **COVID-19**: You will not be allowed to participate in the trip if you cannot show proof of vaccine.

**Keep track of your immunizations.** Write them on your Yellow Fever card and keep a separate list.  
**KEEP THE YELLOW FEVER VACCINATION CARD WITH YOUR PASSPORT.**

02/22/2021