



Eagle Tours Kenya

Medical Information for Safari

- There are no required inoculations for tourists coming from the United States to Kenya.
- Many people get a Yellow Fever shot before travelling to Africa. It is not required for entry into Kenya but you can certainly choose to be inoculated for yellow fever. You may want to consult your physician.
- You should plan to get a Hepatitis A shot or, if you have already had one, make sure it is updated
- You should be sure your TDAP booster is current (Tetanus/diphtheria/pertussis)
- You **MUST** take anti-malarial medication during your trip. Malarone tablets are the usual recommendation. You will take one tablet each day for 2 days before your safari begins, one tablet each day of your safari and one tablet for 7 days after you return.
- I recommend you buy some chewable probiotics to take during your safari; it is an easy, cheap, and tasty precaution for intestinal distress brought on by food or drink. Costco sells a large bottle of really good tasting gummy probiotics.
- You should bring your own aspirins or NSAIDs
- For diarrhea relief, you might consider asking your physician for a Cipro prescription. Cipro plus over-the-counter Immodium will usually take care of any problems.
- You should not drink the tap water; bottled water will be readily available to you throughout your safari
- Each lodge has a doctor or nurse on call who can give you antibiotics if you need them; they usually dispense Cipro, so you can save that step if you bring your own.

You can contact your own physician to update your inoculations and to prescribe Malarone and an antibiotic. OR you can choose to use a Travelers' Physician service. The one I used was Passport Health and they have an office in Tigard, Oregon (503-757-3679, passporthealthpdxmetro.com). There are other such agencies listed on the Internet.

Passport Health or any travelers' physician service will give you lots of information about preventive measures, health alerts, possible illnesses, medications and dosing. They can counsel you on whether or not to get a yellow fever shot. And they can give you your shots right in the office. They aren't cheap (they charge for the shots *and* for the office visit), so you might want to check your own doctor's costs first.

A helpful website is the International Association of Medical Assistance for Travelers:
<http://www.iamat.org>

