



KENYA SAFARI: Medical Information

There are no **required** inoculations for tourists coming from the United States to Kenya, but there are some inoculations that you should have for safety.

- You should 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.
- Though it is not required for entry into Kenya, many people get a Yellow Fever shot before travelling. You should consult your physician for guidance on this.
- I recommend you bring some chewable probiotics to take during your safari; it is an easy, cheap, and tasty precaution for possible 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 will not be able to 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 use is Passport Health but there are many 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>