

IMMUNIZATIONS AND HEALTH

We recommend that each volunteer check with their local county health department regarding immunizations.

The immunizations OSSO strongly recommends per the CDC's recommendations are:

- Hepatitis A and B
- Typhoid
- Flu shot

→ Because of the high altitude in both Cuenca and Quito, there is no malaria risk there, nor is it present in Guayaquil. There is also no risk of yellow fever in those cities nor areas east of the Andes Mountains. *If doing the Amazon trip, please see the information related to that about malaria and yellow fever.*

In addition to these recommendations, all volunteers should be current on their other immunizations (tetanus, polio, measles, mumps, rubella, etc.).

We also advise that you be tested for TB before you travel to Ecuador, and then that you be tested for TB about three months after your return home, although it's very unlikely to be a problem. If you test positive, please notify us.

It's also recommended, though not required, that you have your general immunization records with you during international travel (in addition to the yellow fever vaccination certificate if you decide to get this vaccination).

In each city there is a very American-like hospital with very good doctors, and if you need to see a doctor while down there, you'll be well taken care of. However, you'll be a long way from home, and we recommend that everyone consider having a medical and dental check-up and get any issues resolved prior to departure.