

## **AFRICA TRAVEL PREPARATION CHECK-LIST**

- Schedule an appointment with your primary care provider at least 4 weeks before travel to Africa.
- Obtain required vaccinations and malaria medications in accordance with U.S. Africa Command Manual 4200.03, "Force Health Protection Procedures for Deployment and Travel Health".
- Visit the following websites as sources of health threat briefs before travel.  
SIPR: <http://www.afmic.dia.smil.mil/index.php> NIPR: <http://wwwnc.cdc.gov/travel/>
- Start taking your antimalarial medications according to the label instructions. Ensure you pack your medicines in your carry-on luggage.
- Consider packing a travel health kit if your access to health care and first aid supplies will be limited. Visit <http://wwwnc.cdc.gov/travel/content/survival-guide.aspx> for travel survival tips and travel health kit contents.
- Remember to pack your DEET (24-35%) insect repellent. Quantities should be enough to last the entire length of your visit. Apply liberally and frequently in accordance with the label instructions.
- Military members should pack a minimum of two uniforms which have been pre-treated with permethrin. Follow instructions available at <http://www.afpmb.org>
- Individuals authorized to travel in civilian clothes should treat civilian outer/field clothing with permethrin aerosol spray in accordance with the label directions or with permethrin treatment products available commercially.
- Individuals deploying or traveling to locations under field conditions and some hotels need to deploy/travel with a permethrin treated bed net and sleep under properly each night. Different bed net options may be found at <http://www.afpmb.org/standard list.htm>
- Mosquitoes are most active during the early morning/late evening hours. Avoidance is the key to protection. Long sleeves rolled down and pant legs worn within boots affords maximum protection.
- For individuals on per diem, it is important to understand the risks associated with consumption of local food and waters sources. The following websites are an excellent source of information to reduce your risk of illness: [http://www.mdtravelhealth.com/illness/food\\_water.php](http://www.mdtravelhealth.com/illness/food_water.php) or <http://wwwnc.cdc.gov/travel/content/safe-food-water.aspx> .
- It is very important that you continue taking your antimalarial medications as directed upon your return from Africa.
- Symptoms of malaria include headache, nausea, fever, vomiting and flu-like symptoms. Severe malaria can progress rapidly and cause death within hours or days. If you develop these symptoms or any unusual illness within 12 months after your travel, see you health care provider and let them know you have traveled to Africa.