

# Health Advisory

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## **Be sure to:**

Consult a health care provider or visit a travel health clinic preferably six weeks before you travel. Ensure that your routine vaccines are up-to-date regardless of your travel destination.

## **Vaccinations to Consider:**

According to the Public Health Agency of Canada (PHAC) website for Belize you may be at risk for these vaccine-preventable diseases while travelling in this country. We recommend that you have the vaccinations in the first column; the PHAC includes the vaccinations on the second column, however, we have to date never had any incidences of these on the Ka'kabish project. It is recommended that you talk to your travel health provider about which ones are right for you.

- |                                      |                                    |
|--------------------------------------|------------------------------------|
| <input type="checkbox"/> Hepatitis A | <input type="checkbox"/> Influenza |
| <input type="checkbox"/> Hepatitis B | <input type="checkbox"/> Measles   |
| <input type="checkbox"/> Tetanus     | <input type="checkbox"/> Rabies    |
| <input type="checkbox"/> Typhoid     |                                    |

We are in a low-risk area of Belize for malaria. Due to some people having adverse reactions to malaria medication we leave it to the discretion of students if they wish to take it.

## **Recommendations:**

It is recommended that students bring copies of all medical prescriptions including those for eye-glasses or other personal assistive devices.

It is recommended that students bring Imodium and antibiotics for diarrhea sufficient to cover three days of self-treatment. You should *only* treat diarrhea with antibiotics when it is sufficient to interfere with daily activities. If it is severe and persists for three days you will require a trip to the clinic.

## **Requirements:**

All students must have medical travel insurance that includes at least \$1 million coverage and air ambulance evacuation. (Please see Medical Document form).

## **Informative Websites**

- Public Health Agency of Canada, Government of Canada, Belize website:  
<http://travel.gc.ca/destinations/belize>
- International Association for Medical Assistance to Travellers (IMAAT)  
<https://www.iamat.org/general-resources>

## **Things to Be Aware of:**

You should be aware that you might be exposed to the following:

### **REPORTED CASES IN OUR AREA/PROJECT:**

- Travellers' diarrhea - <http://travel.gc.ca/travelling/health-safety/diseases/diarrhea>
- Dengue fever - <http://travel.gc.ca/travelling/health-safety/diseases/dengue>

### **NOT REPORTED ON OUR PROJECT/REGION BUT A KNOWN CONCERN:**

- Malaria - <http://travel.gc.ca/travelling/health-safety/diseases/malaria>
- Typhoid fever - <http://travel.gc.ca/travelling/health-safety/diseases/typhoid>
- West Nile Virus - <http://healthycanadians.gc.ca/diseases-conditions-maladies-affections/disease-maladie/west-nile-nil-occidental/index-eng.php>
- Chagas disease (American trypanosomiasis) - [http://healthycanadians.gc.ca/diseases-conditions-maladies-affections/disease-maladie/chagas/index-eng.php?\\_ga=1.17411773.542990298.1452974895](http://healthycanadians.gc.ca/diseases-conditions-maladies-affections/disease-maladie/chagas/index-eng.php?_ga=1.17411773.542990298.1452974895)
- Chikungunya - <http://www.phac-aspc.gc.ca/tmp-pmv/notices-avis/notices-avis-eng.php?id=120>
- Zika virus - <http://www.phac-aspc.gc.ca/tmp-pmv/notices-avis/notices-avis-eng.php?id=143>
- Leishmaniasis - <http://travel.gc.ca/travelling/health-safety/diseases/leishmaniasis> see also <https://www.iamat.org/country/belize/risk/leishmaniasis>

**BELIZE IS NOT ON THE WHO LIST OF FOCI COUNTRIES FOR THE FOLLOWING, ALTHOUGH THEY ARE KNOWN IN THE REGION:**

- Onchocerciasis (river blindness) - [http://www.who.int/blindness/partnerships/onchocerciasis\\_disease\\_information/en/](http://www.who.int/blindness/partnerships/onchocerciasis_disease_information/en/) see also [http://www.paho.org/hq/index.php?option=com\\_topics&view=article&id=39&Itemid=40762](http://www.paho.org/hq/index.php?option=com_topics&view=article&id=39&Itemid=40762)

## **There is NO reported risk of:**

- Yellow fever
- Meningococcal