



## Health and Immunization Requirements

The following immunization requirements have been compiled with the counsel of BetterMed Occupational Health Foreign Travel Clinic, in Richmond, VA, that specializes in overseas travel. It is the desire of Effective Ministries, Inc./LINK to help ensure that each team member has a safe and meaningful mission experience.

Each team member is required to comply with our health and immunization requirements. The team leader can give further information as to where each immunization and/or prescription can be obtained. Please be aware that your health insurance might only cover a limited amount of the cost of these immunizations and prescriptions.

**Please be aware that this information is based on current in-country conditions and can change.**

**Tetanus (Td)**

**Tetanus, Diphtheria, Pertussis (TDaP)**

**Hepatitis A**

**Hepatitis B**

**Meningococcal**

**Adult Polio Booster (for all travelers over the age of 18)**

**Yellow Fever**

**Typhoid**

**Malaria Prescription for Malaria (Due to side effects, LARIAM is NOT acceptable)**

**Azithromycin (Zithromax Z-Pac) Prescription for Traveler's Diarrhea and Sinus Infections**

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### **To All LINK Team Members:**

In accordance with the request of our ministry partners in Niger, it is imperative that you be vaccinated for: Yellow fever, Meningitis, Typhoid, Hepatitis A, Hepatitis B, Tetanus, TDAP, and have an Adult Polio booster if over the age of 18, before traveling to Niger. Niger has epidemics every year. As a ministry, we will not allow our team members to take the risk of traveling without proper protection. Yellow fever is required by the Nigerien government for entry in to the country. Please keep your vaccinations up to date in your international health booklet (yellow fever booklet).

The number one cause of death in Niger is not AIDS, it is malaria. Please take your malaria pills diligently before your arrival, while in country, and upon your return according to the instructions for the prescribed medication.

Thank you for your cooperation.

Please review the following required and suggested immunizations and prescriptions for Niger. They must be completed by the 2<sup>nd</sup> meeting and added to your online application at [www.effectiveministries.org](http://www.effectiveministries.org). Your doctor may suggest or require alternative or additional vaccines based on your individual medical history. This checklist is for your information and does not need to be turned into the EMI/LINK office.

Required Immunizations	Date of Immunization or Prescription
<b>Tetanus, Diphtheria (Td):</b> Adult booster needed every 10 years.	
<b>Tetanus, Diphtheria, Pertussis (TDaP):</b> Adults who have never received TDaP should receive this vaccine once in their lifetime. After 10 years, will need to return to receiving Td boosters.	
<b>Hepatitis A:</b> 2 doses needed. Immunity is achieved 2-4 weeks after the first dose. Second dose given 6 - 12 months after the first dose. Immunity remains valid for 20 years after the second dose.	
<b>Hepatitis A - Dose 1</b>	
<b>Hepatitis A - Dose 2</b>	
<b>Hepatitis B:</b> 3 doses needed. Second dose given at least 1 month after the first does. The third dose is given 6 months after the first dose. First and second dose offer complete protection and the third dose is to prolong protection.	
<b>Hepatitis B - Dose 1</b>	
<b>Hepatitis B - Dose 2</b>	
<b>Hepatitis B - Dose 3</b>	
<b>Polio (IPV):</b> Childhood Polio vaccine series is required for all travelers <b>PLUS</b> 1 Adult Polio Booster for all travelers over the age of 18.	
<b>Meningococcal:</b> for the “ <i>meningitis belt</i> ” of Africa	
<b>Option 1: Menactra</b> - immunity for 8 years, intended for travelers under 55 years old	
<b>Option 2: Menomune</b> - immunity for 3-5 years, intended for travelers over the age of 55	
<b>Yellow Fever: VACCINE REQUIRED</b> for entry into Niger with a Visa. Valid with certificate 10 days after receiving immunization, immunity & validity for <b>LIFETIME</b> . <b>New and expired vaccine certificates must have the word “LIFETIME” written on the certificate and signed by a medical professional or supervising clinician.</b>	
<b>Typhoid</b>	
<b>Option 1: Oral</b> - 4 doses taken over a period of 8 days, immunity achieved for 5 years	
<b>Option 2: Injection</b> - 1 dose, immunity achieved for 2 years	
Required Prescriptions	
<b>Malarone:</b> Malaria Preventive Medication - All of Niger is at risk for malaria & a prescription for this is required. Due to side effects, Lariam (another malaria preventive medication) is <b>NOT ALLOWED</b> .	
<b>Azithromycin (Zithromax Z-Pack):</b> Medication for the treatment of traveler’s diarrhea and sinus infections. You will need <b>(1) 250mg pack</b> .	
Suggested Immunizations	
<b>MMR (Measles, Mumps, Rubella):</b> If you haven’t had these illnesses, or the vaccine series, you should highly consider immunization due to risk of exposure in Niger.	
<b>Varicella (Chicken Pox):</b> If you haven’t had this illness, or the vaccine, you should highly consider immunization due to risk of exposure in Niger.	
<b>FLU SHOT - Seasonal</b>	